

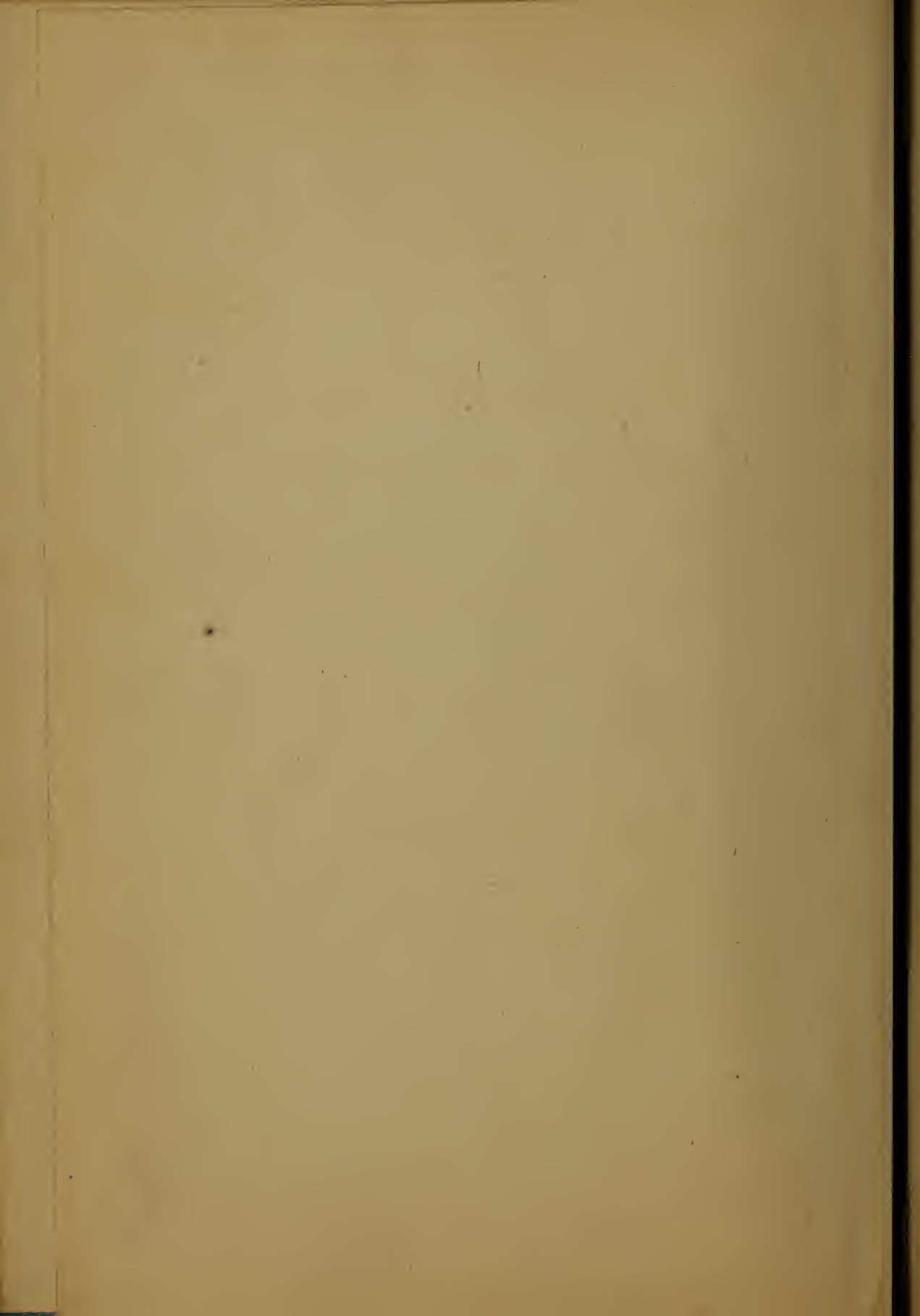


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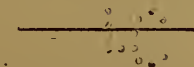
Food Composition and Human Ills

Mental and Physiological

Facts and Figures for Family Use

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INTRODUCTION

Truth is that which can be demonstrated, theoretically and practically, chemically or mechanically, physically or physiologically.

So long as any proposition is merely speculative, as are religion and old-school medicine, it is a waste of time to argue, and it is a crime to accept them on the brazenness of their assertions.

The greatest of all calamities to the human race was the promulgation and acceptance of a substitution of artificial for natural standards in education and practice, because it retarded progress and outraged intelligence.

Religions have caused more insanity and crime than all other factors combined. Founded on superstition and credulity, armed with the bribe of a heaven and the threat of hell, they trafficked in forgiveness of "sins." The inconsistency and unnaturalness of putting premiums on crime is so apparent, to all who are not afraid to think, that it is pitiful. Not only history, but daily events, physical and physiological, afford ample proofs of the facts stated.

Out of religious dogmas came the medical ones, which are as dangerous to physiological conditions as the others are to mental ones. From prayers to offering sacrifices; from "miracles" to murder of those who refused to believe in them was an easy step in religion. From herbs and bleeding to mercury and vaccination is the analog in medicine. Is it anything remarkable that such baneful seed produced the awful crop, political autocracy and its complement, bolshevikism?

If there was a personal creator, as taught by religions,

he, she or it must have had a creator and that one must have had progenitors; hence all such propositions are undisguised attempts at humbuggery to secure power for the rascally promulgators.

If it is possible for "Medical Science" to invent or discover "cures" or artificial "preventives" for alleged "diseases" it is also possible to invent medicines or "vaccination" to make food and sleep needless, which would save for work at least one-third of the average life.

There are Natural laws. None know when, where or how they originated. It makes no difference who or what made them; we have them; but neither religious or medical schools of the orthodox type teach anything about them. The astronomy of Joshua is on a par with the "inoculation" of "police-power" medical government.

Each individual is endowed with mental capacity. Some have better quality or greater amount than others. Some are doubly endowed. Such have the greater responsibility, and when they abuse it, Natural laws will regulate them or their progeny. It always has. It always will.

It is the purpose of this book to introduce methods of analysis of causes of ills by showing: First, what normal, Natural standards of living are; Second, that the one-idea methods, in vogue, have no relation thereto.

The Author.

CHAPTER I.

Pertaining to Natural Light.

Chapter I of the book of Genesis, "holy bible," begins as follows: "And in the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the spirit of God moved upon the face of the waters. And God said, Let there be light; and there was light. And God saw the light, that it was good; and God divided the light and the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day."

This is the story which, in various forms, has been handed from generation to generation since long before the Christian god and the "holy bible" were thought of. It grew with repeating until, when the leaders of primitive mankind began to learn how to write and read, they discovered they had a means of impressing the herd with the superiority of leaders and of playing a joke on posterity; but I do not believe, for a moment, that the most sanguine of them had the faintest idea they would be taken seriously during all the centuries which have passed. The fanatics of today insist the fact that the humbug still works is proof the statements are facts.

The old-time leaders took the lives of all who attempted to educate the masses in mathematics, in which field have been found all of the Natural truths ever proved. The leaders of today would, if they dared, practice similar tactics; but they are as cowardly as they are credulous, and content themselves with slander—and prayer.

Mathematics, unknown to the authors of the "bible,"

tells us that light is a composite substance, different from everything else. It comprises elements which, when separated by passing it through a transparent prism, exhibit seven distinct colors: red, orange, yellow, green, blue, indigo, violet. From these it has been found there are four primary colors: red, yellow, green and blue; the first and third and the second and fourth of which are complementary to each other. Try an experiment: Cut small squares from papers of each of these colors and paste them on separate sheets of white paper; take the red in one hand and a sheet of plain white paper in the other; gaze steadily at the red for a short time when a slight halo will appear around it; then slip the white paper over it and the complementary color, green, will appear. Try the green and the red will appear; take the yellow and blue will appear; try the blue and the yellow will exhibit. By this law any shade of the primary colors will classify itself when such classification would be difficult otherwise. Pale green is the nearest white, but pale blue is often mistaken for it; this test will settle the matter because if tried on pale blue, yellow will appear, and if on pale green, red will be the complementary exhibit.

Light not only illuminates; it invigorates, physically and metaphysically. The chemistry of the mineral vegetable and animal kingdoms, as well as of the planetary systems, comprises light as a dominant factor. Its laws of refraction, reflection, dispersion and absorption not only enable students to master terrestrial problems, but astronomers invade celestial fields and measure distances, sizes, weights and compositions of planets. These laws have not only made possible the telescope, but also the microscope, and, last but not least, lenses with which the enormous nerve strain, caused by defectively developed eyes, is saved by skillful work of competent Ophthalmologists.

Light combines the fundamental principles of both

chemistry and mechanics; of theory and practice; of constancy and inconstancy; of physics and metaphysics.

Aristotle, Greek philosopher and teacher, born, 384 B. C.; died, 322 B. C.; controverted Plato's proposition that "the universal is the only 'light' in which the particular can be seen," by declaring and proving that "particulars are necessary in order that we may comprehend the universal." He coined the word "Metaphysics," meaning "after physics," as an expression of his reasoning. Aristotle was too advanced for the Athenians, who charged him with "impiety," and, in order to escape the fate of Socrates, he fled the country.

In the "critical angle" of light, beyond which total reflection occurs, we have proof of the probability that all laws are limited in their application; and elsewhere is abundant evidence of the fact; hence the religious belief in "god miracles" is proved silly. In the focuses and conjugate focuses of light by lenses the absolute limitations of the laws of refraction, etc., are established and principles elucidated which, when the attempt to apply them physiologically is made, discovers to the student that there is a step between physics and metaphysics, viz.: Physiology. It is demonstrated in the practice of Ophthalmology, and we have found it equally practicable in other branches of our work, not only mechanically but chemically. In the spherical aberration of lenses we find physical reasons for the variety of physiological and mental idiosyncrasies of the human family. In the chromatic aberration of transparent media we have physical evidence which, employed physiologically and metaphysically, enables us to determine the dispositions and temperaments of patients. In the multiplicity of the problems found in physical optics we learn why the vast majority is content to accept assertions and repeat them as facts, without bothering to learn truths by assiduous labor—they are mentally lazy, almost to the point of atrophy.

In the study of physical laws we find that matter is indestructible; that when our physical bodies give up the "light" of life, the elements return to the masses from which they came. From this fact we reason, metaphysically, that the intangible mentality probably takes a similar course but one unfathomable to us because of the inapplicability of physics. Hence, we do not believe in heavens or hells, in resurrections or judgments, in personal gods or omnipotent devils; and we do believe we uttered an incontrovertible truth in the third paragraph of the introduction to this work.

"When you set yourself up, by your
brains, luck or pluck,
Just above the dead level of men,
You have only begun on the fight
of your life;
For the envious aim at you then."

CHAPTER II.

Condensed Facts About the Human Body.

For the same reason physics antecedes metaphysics in general, the study of anatomy is precedent to physiology; but, after some preliminary specifications and finding that both subjects are physiological, they are made more comprehensive by taking them together.

Chemically the anatomical body is a constant, composed of water, four-fifths, and salts (nitrates, phosphates and carbonates), one-fifth. The elemental composition includes: Nitrogen, about 3 pounds; Oxygen, 111 pounds; Hydrogen, 14 pounds; Carbon, 21 pounds; Phosphorous, 2 pounds; Calcium, 2 pounds; Sulphur, Chlorine and Sodium, about 2 ounces each; Iron, Potassium, Magnesium, Fluorine and Silicon, a few grains each. Oxygen and hydrogen are present in the proportions which form water and amount to about 80 per cent of the whole. Bone is about one-third animal and two-thirds earthy matter; of the latter, approximately five-sixths is calcium phosphate, the remainder being sodium and magnesium compounds. The animal portion is fat, nerves and blood-vessels.

Chemically the physiological body, which is an inconstant, requires great variety in food to supply varying quantities of essential elements for digestion and other functions in addition to supplying those utilized in the tearing down and rebuilding processes which are constantly at work during life.

Mechanically the anatomical body comprises the skeleton or bony structure and the ligaments which articulate them; the muscles and nerves to operate them; the

fascia, or connective tissue; the blood and lymphatic systems.

Mechanically the physiological body includes the brain and nervous systems, for sensation and motion; the organs of special sense, (of which seeing and hearing are mechanical, while smelling and tasting are chemical); the heart, for pumping blood (about 16 tons daily); the lungs, to throw off carbon dioxide and take on oxygen; the stomach, spleen, intestines and mesenteries, for digestion and assimilation; the liver for rectifying crude blood, as it comes from the digestive apparatus; the kidneys and bladder to extract and contain urine, which carries dangerous and waste matter; the sex organs—a topic declared, by religious fanatics, unfit for the public to be informed about in a book of general circulation; a declaration put into the statutes in violation of the Constitution, because it helps establishment of religion. It affords another bit of proof that credulity and ignorance are inconsistent and brutal; that while they pretend to believe their “god” is good, holy, wise and everything, when it is to the interest of their schemes to discredit him they do not hesitate to picture his work as lewd. There will be more on this subject when we come to the point of considering their mentalities.

For simplicity and convenience we have made four anatomical divisions and eight physiological ones in the foregoing paragraphs. Combining anatomy and physiology we have the following divisions for practical purposes:

1. The Nervous System.
2. The Circulatory System.
3. The Digestive System.
4. The Egestive System.

The nervous system comprises the brain, with the cerebrum or intellectual portion above and the cerebellum or physical portion below and behind; the twelve pairs of cranial nerves and the spinal cord with its 31 pairs of trunk

lines and branches, a total of 43 pairs to express life and operate its functions. Its grand divisions are sensation and motion; its sub-divisions are the special senses, locomotion, vasculo-motion and metabolism; the latter being the exercise of chemical affinities in the process of reconstruction of tissues. The anatomy of this system is exhibited in the nerve structures; the physiology is in the electric currents; afferent, toward the brain and efferent, from it.

The circulatory system includes the lymphatics and four blood systems, viz.: the portal, or crude blood system of branches from the stomach and spleen, superior and inferior mesenteric regions, enfolding the small intestines, to the liver; the pulmonary system, where the rectified blood, sent from the liver via the heart, is aereated; the arterial system, from the lungs, via the heart, into the body generally; the venous system, which carries impurities out of the body by way of the lungs and other divisions of the egestive system. The lymphatic system begins in the lacteals of the mesenteries, which empty into the "receptaculum chyli," situated in the upper back part of the abdominal cavity, thence to the thoracic duct, into the left subclavian vein, to the heart, lungs and arterial system; also via branches from the duct throughout the body. The object of this system is to carry the elements which sustain life and drain it of impurities and waste.

The digestive system, includes the mouth, pharynx, oesophagus, stomach, duodenum, jejunum, ileum and colons, and together with the chemistry of the fluids of the stomach, pancreas, liver and intestines, constitute the chemico-mechanical arrangement provided to take needed elements from food and supply them to the nervous system through the agency of the circulatory systems. Here we have a physical-physiological reason why we should have knowledge of what, when and how to eat.

The egestive system is a most complex one; but, so far as digestion is concerned, its principal divisions are the

bowels, the urinary tract, the lungs and the sweat glands. The physiological importance of this system cannot be overestimated, because, when it is not in perfect operation, digestion is interfered with, the circulation runs short of supplies and the nervous system begins to send out calls for help, which doctors of the fanatical schools call symptoms of "disease" indicating the need for drugs to "cure," when, as a matter of fact they are nothing of the sort. Pain, fever, itching, etc., are merely automatic burglar alarms, and if the doctors knew what each means they would not need resort to hypodermics or habit-forming drugs to stop "pains," or cold baths to "relieve fevers," and they would never be led into the gross crime of employing serum therapy to "cure" the sick or to prevent the well from becoming "diseased."

The nervous system is arranged for involuntary as well as voluntary action in the performance of the functions of all the systems; but there is such a complete interdependence between all of the systems that if one gets out of order notice is immediately given, automatically, through the nervous department. For this reason we insist all ills are nervous ills; we get our first symptoms of disorder and the first signs of return to normal through this medium. In the brain itself we have not only mental symptoms of departure from true balance, but we have positive physical changes there which are regarded as the most distressing of all symptoms; in the eyes, ears, mouth, nose, throat, tongue, teeth, are wires which send out calls for attention, which, if understood as they should be, by not only doctors but the public generally, would be responded to so promptly that many of the minor and some of the major ills would be aborted; in the lungs and digestive apparatus, the egestive organs and even the skin are wires always ready to report the first indication of trouble.

Remembering that perfectly healthy conditions are always comfortable, the following paragraphic enumeration

of some of the alarms may aid the reader to observe others and value their importance; and obedience to Nature's calls will not only improve general physiological conditions, but mental ones will show a corresponding benefit—no physiologically deranged person is mentally in perfect balance:

Mental irritability usually means indigestion.

Mental dullness means eye strain, particularly in school children.

Melancholy may be from congenital causes, but is often from general debility.

Illusions and fads are indicative of superstition, which means mental weakness, sure to involve body physiology.

Jealousy is a confession of the superiority of the person it is directed against; it indicates a malicious disposition and breeds unhappiness for all who come in contact with the exhibitors.

Religious zeal is largely a product of indigestion, mental and physiological. Exhibitors prove there is a hell—on earth—by making trouble, whenever it is possible, for all who do not agree with them. They employ politics, "moral codes" and other dubious methods to accomplish their objects.

Carelessness is a mental disorder which has caused lots of trouble. One exhibit is indifference to the rights of others, by failure to keep business or social engagements. It is a crime, punishable, sooner or later, by ostracization. The guilty ones also neglect themselves, because they are deficient in temperament.

Fear and hope are exhibitions of mental weakness which are utilized successfully by designing leaders to form cults in religion and medicine. They are the stronghold of the "orthodox," who are exemplars of sophism and bigotry.

Beware of the person who does not like children, animals, music and flowers. Also be cautious in dealing with those who are foolish over them. The first are of criminal

tendencies; the second are absolutely unreliable in business and social affairs.

Inflammation of the eyes, growths thereon, twitching of lids, styes, swellings, granulations, suppurations, etc., mean need for glasses, no matter how good the vision is, and nothing but the constant wearing of properly fitted ones will relieve the exhibits permanently. Do not permit oculists to put "drops" in the eyes, nor should you believe anyone who tells you eyes can be fitted to glasses correctly in a few minutes or hours. Anyone should understand that the entire nervous system has to undergo readjustment and to do a job right should require several visits to a real Ophthalmologist. It will be an agreeable surprise to many to find how other symptoms may be reached by themselves with the aid of a competent Ophthalmologist, even after some of "the best in the country" have had their innings, from dope to surgery.

Cross-eyes mean great eye defects or operations for them by surgeons who didn't know enough anatomy to know that knife or scissors surgery is not needed for such cases. Our school and its graduates have been straightening all sorts of cross-eyes without operation for more than twenty-five years.

If the baby's eyelids stick together in the mornings, wash gently with hot water and a soft cloth, then drop some cold salt water in them, and, as soon as possible see an Ophthalmologist.

Roaring in the ears, "tinitis aurium," means there is a hypertrophic condition in labyrinth or tube. It is usually associated with so-called "catarrh" of the nasal passages. See chapter on "Home Treatment of Disorders." Pus discharges from the ears, or pains therein need prompt attention.

Enlarged tonsils, adenoids in the nasal passages, and

habitual sore throat, with periodical "diphtheria" are indicative of wrong living.

Bad teeth indicate a deficient body chemistry; too much "carbohydrate" food; too much orthodox medical teachings, hence wrong living, not only dietetically, but otherwise. If the roots are bad it usually means "pull." See a dentist, but do not waste much time in "treatments" if the roots are bad. If it is the body of the tooth, it may be fixed readily.

Pimples, rashes, boils, etc., always mean bad living is one of the chief causes; but there are liable to be many others. They are humiliating and as needless and disgraceful as "catarrh." Learn rational living and be happy.

Goitre is an exhibit meaning a radically disordered chemistry, probably partly congenital, but always a complication of causes. Do not delay seeking skilled help; but avoid operations. Their record is bad.

"Rheumatism," "erysipelas," and other similar "diseases" are symptoms of acute blood poisoning. "Cures" do not work on them, or on anything else, for that matter. The entire system needs intelligent overhauling. People who say they can't eat strawberries, or have some other fad, are the common exhibitors of these derangements, and many of them appear to imagine it is quite a circumstance to be the possessor of something freakish. But when we tell them they are as freakish mentally they do not appear to be quite so proud of that part of it. They make disagreeable, unreliable patients.

Hunger after eating is a positive indication the chemical apparatus is overloaded. It is a common symptom, even among doctors, who ought to know better than to gorge themselves; but they consistently teach the public to "eat what you please and send for the doctor." We eat anything eatable, but we see to it that our foods are combined in such a manner that they are almost self-digesting.

Need for food is suggested naturally in healthy people

by a noticeable subnormality of the capacity for consecutive thought. It is exhibited more conspicuously in those whose work is largely mental, many of whom neglect themselves in their interest for the work at hand.

Sleeplessness may come from temporary mental responsibilities, but, as a rule, it means systemic disorders.

Nightmare is usually a product of over-eating just before retiring. In this connection, a comparatively small amount of decidedly improper food is worse than an overload of good items; but overloading quantitatively is as effective in producing bad dreams as qualitative excesses.

The bowels should act at least once daily; the stools should be soft, free from very offensive odor, of a yellowish-brown color, and copious enough to make it evident that normal waste is being discharged.

Urine should be of a pale straw color and practically odorless, except in the morning, when it has been retained all night. Frequent desire to void urine, with only small amounts passed, indicates stricture of the mouth of the bladder. Frequent desire and large amounts of discharge mean systemic chemical derangement which needs prompt attention.

Dull but constant headaches mean indigestion; even if the bowels are working normally. Periodic sick-headaches are indications of eye strain with probable need of a general overhauling of the entire physiology.

Pains range in acuteness from slight twinges to those of such severity they are almost unbearable, as neuralgia, for example; but they all have their meanings. These will be considered more fully in a chapter on "Home Treatments for Disorders." A slight displacement of a dorsal vertebra is often exceedingly painful and is often "diagnosed" by old-school doctors as a "disease." But it does not follow that all pains in the back are from displacements of vertebrae. This is where the "osteos" and "chiro" make their mistakes. We have found many of the pains of so-

called "angina pectoris" were not in the heart at all, but were simple products of gastric indigestion.

Fever is one of the best friends of humanity. It is also one of the symptoms employed by crooked or ignorant doctors to frighten people. The entire nervous system is poised so delicately that it exhibits irritation on slight provocation. Often there is a rise in temperature, but other symptoms, such as tonic spasm to the point of pain, cause the fever to be over-looked.

A temperature below the normal 98.6 is often a more important symptom than that of 3 points above normal. Fright over any symptom does not help matters any. Always use common sense, but attend to the alarms. If you are unable to locate the cause, seek help.

Heart troubles, such as "mitral valve disease," are very common; but they do not mean what the orthodox doctors claim. They do mean an overtaxed nerve supply. Palpitation, skipping beats, irregular beats, etc., are all in the same category. There is no particular danger to the heart, but there is immediate need for rest and repairs, else there may be paralysis, cerebral hemorrhages, etc., which, of course, are serious.

The glands of the groins and arm-pits are the seats of deposits of amyloids, a chalky-starchy mixture, often causing much distress by exhibiting "rheumatic" pains. Sometimes these deposits are in joints; and often, there are slight displacements of the hip or shoulder joints, with similar symptoms. The orthodox doctors find drugs do not relieve these troubles and the "cult" doctors find mechanical therapy does not work. We combine chemistry and mechanics and get there all the time.

Obesity is a symptom of ignorance of how to live and indifference with reference to learning. The subjects usually expire from "apoplexy." They are easily exhausted with physical effort, hence cultivate easy methods of earning livelihoods; they usually sell mining stocks or runs

for office. They are often jolly fellows, but woe be when they grow sick. There is an intuition of danger and their conditions are made worse by fear. If one of the fat ones comes down with an enteric disorder, you might as well send for the undertaker. His physical condition and his fear form an almost fatal combination.

Nose-bleed has saved many from "apoplexy," but it is a symptom of need for a thorough chemical renovation of the entire system. Young people with such exhibits will not live many years if they do not change their habits of living under strict instructions from a Neurologist.

"Epilepsy" is a symptom indicating not only congenital but acquired causes. The victims are usually spoiled by parents, in childhood, because they are delicate—possibly from eye-strain—they develop tempers, are awfully bad eaters, careless and unreliable mentally, and often the victims of iodide of potassium and other dope which never did good and always does more or less damage mentally.

Bed-wetting by children is a symptom of nervous strain to the spasm point and frequently follows a convulsion, possibly slight, but, nevertheless, a convulsion. If a child complains of morning headaches with this exhibit, it needs prompt attention, not only to its eyes but to its general body chemistry.

Anaemia, is not always indicated by pallor; and pallor does not always mean anaemia; but when there is general debility nervously, it is foolish to delay attention to indicated conditions. Our method of measuring the nerve supply and demand, and of ascertaining the exact condition of the blood, all through the eyes, which are really the double gauges of the body, place us far and away ahead of all other classes of practitioners.

Dysmenorrhoea (painful menstruation) is a symptom of tonic spasm of the entire nervous system, which has baffled all systems of practice, except ours. The menstrual function should transpire without pain. Therefore, when

there is pain it need not be allowed to repeat itself. We do it all without drugs or operations.

Menorrhagia, (flooding at the menstrual period) is dangerous weakness of the nerve supply. This is a class of cases which are more difficult to handle because they are below normal; hence their treatment should be sought as early as possible after the symptom shows.

Hysteria is simply a form of nervousness exhibited by many people of both sexes. Literally it means excitability from female disorders; but, as a matter of fact it has come from eye strain more than from any other single cause.

A coated tongue does not mean a "torpid liver." It does mean chemical derangement that needs more than passing attention. It is an exhibit of the lymphatic system, which is one of the most delicate of all systems in point of carrying warnings. It ranks second only to the nervous system.

Similar symptoms in different people do not mean the same cause or combination of causes. Different symptoms in several people may prove to be from similar causes; hence it is always well to consult a competent doctor unless the home treatment, described in another chapter, gives relief and there is no recurrence of trouble.

All talk of "heredity" of "disease," in the sense the words are commonly understood, is unqualified nonsense.

In this connection the possible causes of ills need introduction. We have grouped them in their order of possibility, as follows:

- | | |
|--------------------|-----------------------------|
| 1. Congenital. | 6. Physiological Strain. |
| 2. Infection. | 7. Mental Strain. |
| 3. Malnutrition. | 8. Habits. |
| 4. Physical Shock. | 9. Occupation. |
| 5. Mental Shock. | 10. Atmospheric Influences. |

Each of these groups includes a variety of possibilities, so that the total number thereof is great enough to show

the impossibilities of "medical science" efforts to devise "cures" or "preventives" along the lines they have always pursued, namely: drug medication and political legislation. The attitude of the public against orthodox medicine is a Natural product of their failure to receive benefits and of their actually having suffered harm from the practice and tactics of Medical Unionism.

In the numerals, 1, 2, 3, 4, 5, 6, 7, 8, 9, 0, we have all of the figures with which the business of the world is done. In the ten groups are all of the factors for possible combinations of causes of human ills. It follows that when these are combined in different persons with different physiological and mental capacities and susceptibilities, no arbitrary procedure, such as that adopted by the "regular" school of practice and its imitators, can hope to succeed. Our System of Mature Medicine is strictly in accord with Natural laws, which have always existed; and, while our school is only twenty-six years old, its methods are as old as Creation.

Congenital refers to conditions preceding birth. To be well born there must be intelligent parentage; healthy mental and physiological conditions of parents, previous to conception, during gestation. Unfortunately orthodox religion and medicine have combined to interfere with education preparatory to parenthood, by "laws" which declare such education "obscene." Naturally nearly all children are accidents, products of lust gratification. A large number of children bred and born under our instruction were delivered without pain or fever; they were fed and otherwise cared for rationally, with the result that while some of them are over twenty years old, none have ever been ill a minute. *They have been Naturally immune from everything*, from "colic" as babies to "smallpox" and all other "diseases." In handling patients the second thing we inquire about is the family history. These are regarded, of course, as professional secrets, not to be violated.

Infection, may be congenital or acquired; it ranges from mental distemper to that orthodox "disease," syphilis. It may be caused by accident or "vaccination." It may develop idiopathically, from wrong combinations of foods. It may be chemical or mechanical in origin, or from a combination of both. It may be a combination of congenital and acquired.

Malnutrition may be partly due to congenital conditions, or to infection; it is rarely from lack of food and often occurs from too much. It is largely due to wrong food combinations and to physiological strain from eye defects and other items of overtaxation. Nutrition depends upon harmonious action of the four great systems named at the beginning of this chapter; hence all of the possible causes listed as groups above must be considered in laying out a system of practice. The reader may get some idea of his or her limitations in the care of self and family, and realize the value of the services of those who have made the subjects matters of years of deliberate preparation for practice.

Physical shock may be comparatively slight with very bad effects, or it may be great with little damage; it ranges in possibilities from a child being dropped by its nurse to the shell-shock of war. Those whose nervous systems are in good order survive jolts that would kill ordinary mortals.

Mental shock may be from physical causes; but the commonest are surprises, such as sudden grief, joy, fear, anger. Those who are already overtaxed nervously from physiological strain or other causes, succumb more easily to this factor. It should, therefore, be the fixed policy of all to not only keep themselves in good physiological condition, but to anticipate possible mental shocks and how to receive them.

Physiological strain means any demands on the nervous system in excess of normal standards. This is an important branch of study, as will be seen by perusal of the chapter

on "Nerve Strain Through the Eyes." It is in that department we find the basis for all of our standards of measuring supplies and demands nervously. Excessive exertion, even by a perfectly normal person, is harmful; note that the prize-fighter is an old man at thirty-five; an overloaded stomach causes physiological strain, chemical and mechanical; normal demands on a subnormal nervous system is strain.

Mental strain is akin to mental shock; it is more persistent and is often unnecessary, because, if a victim of worry will stop to analyze things it will soon be discovered that coolness and deliberation are essential to the proper handling of the problems of life. Preparedness is the surest safeguard against this group of causes. If you can't help a situation, do not worry. If you can help it, do so, and you will not need to worry.

Habits, except those of breathing, taking food, discharging waste and sleeping, are all acquired. Even those named are usually practiced badly. Of all habits, Natural and acquired, the "eat habit" is the worst. It is a Natural habit perverted; restricted to meals and governed largely by customs; the morning meal is insufficient or omitted entirely and the evening "dinner" is an abomination—it is the chief cause of the no-breakfast habit. Who would think of starting a factory in the morning without a good fire under the boilers? Your bodies are factories with a large number of machines, all of which require force to operate them. The drug and liquor habits are easy to handle in comparison with that of eating, because all eaters are possessed of the notion that they know what is good for them and Medical Trust writers tell them that "God gave us our tastes; eat anything that tastes good."

Occupation is one of the essentials to health and happiness. Some are more hazardous than others, of course, but, after being settled in choice, if each individual will adopt the easiest way of accomplishing tasks, by knowing

the theoretical as well as the practical side of the work, there will be a minimum mental and physiological strain; then, with proper attention to generalities, all will be well.

Atmospheric influences are extreme and temperate; at the poles and on the equator there are few people; in the temperate zones are to be found the population of the world. In the United States we have the East, South and West, all coast territories, with the great Inter-Mountain region from the Alleghenies to the Rockies. The East has its bitter cold storms of the North and the drizzling rain and heat of the South; the Gulf region is swampy and malarious, but is being drained for agricultural purposes and for sanitary reasons, with wonderful results; the West coast region is practically rainless, with a monotony of sunshine, "favorite sons" and real estate agents; the Inter-Mountain region is fifteen hundred miles square and has all varieties of climate; it is the heart of the country; it produces all except tropical fruits and is the chief market for all of those; it is the great grain country; it is the manufacturing region; it is the populous region; it is the healthy region; it has facilities for producing artificially all of the "climatic advantages" advertised for the sick by the regions whose advertisers are either scamps or who are so ignorant they believe atmospheric influences are, alone, sufficient to "cure" ills.

The power of habit is exemplified in the popular passion for sweet and starchy foods; for late dinners; for "dainties", which are poisons, worse than intoxicating liquors. Nearly all "temperance" fanatics are bad eaters.

CHAPTER III.

Nerve Strain Through the Eyes.

Many years ago the present writer announced that nerve strain through the eyes is the *primary* cause of at least eighty-five per cent. of all human ills. He was ridiculed and denounced, at first; later the objectors not only approved the statement, but one of the most radical of them declared it *the* cause, which rather overstated the matter, because of the great number of possible *contributing* causes, many of which are superinduced by the nerve strain through the eyes.

Our method of measuring the nerve supply and demand through the eyes is as accurate as a gas or electric meter or a steam gauge. Anatomically the eyes have four and one-third pairs of nerves out of a total of forty-three pairs supplying the entire body. Physiologically we have been able to measure the current of nerve force by physical standards, finding, first, what constitutes the normal supply and demand; after which it is easy to figure the excess demands in abnormal eye cases, which, of course, is strain; we prove the potentiality of that factor in causing troubles by results we get from correcting eye defects, and, incidentally, removing contributing causes as methodically as we do the eye work.

It happens that the eyes are the only organs supplied with means of concealing certain deficiencies of development, which they do by misusing the accommodative apparatus, designed for normal eyes at close range, the average daily demand for which is three hours and 100,000 units of power. The subnormal eyes, requiring one unit of convex lens power to correct them, work this accommodative apparatus an average of sixteen hours daily at the rate of

14,400 units per hour, or 230,400 units daily, in excess of the normal 100,000. To do this requires a stronger pressure, or voltage, be turned on from the batteries in the cerebellum, or mechanical brain, in the lower back head. This hyper-normal current produces spasm in normal parts, particularly wherever there is a sphincter (circular) muscle, as in the stomach, bladder, uterus, anus, and the spiral nervous action of the circulatory systems and of the intestines, with the natural result that the functions of these normal parts are obstructed, digestion is arrested, assimilation reduced, egestion is inhibited, and these, in turn, develop other obstacles to systemic harmony, producing the symptoms enumerated in the preceding chapter.

Orthodox doctors, not having been taught anything about physical or physiological optics, and very little about "diseases" of the eyes, (nearly all of which is false), ridicule our proposition, even in the light of their failures and our successes in handling general disorders. But ridicule never changed a fact, and their persistence in sticking to obsolete and illogical methods has cost them the respect and patronage of a very large per cent. of the population. It has benefited charlatans, temporarily, but they soon run their race and move to newer pastures or quit the field altogether.

Some of the cults, like "osteopathy," "chiropractic," "naturopathy," etc., have gained footings because of persecutions by the Medical Trust, through which public sympathy and indignation were aroused. This is notably true in Ohio, where a new "law," passed by Trust machinations, intended to give the drug doctors a monopoly of practice, hence obviously unconstitutional, had the actual effect of forcing the Medical Trust Board of Examiners to give licenses without examination to something over 2,000 "chiro." And the taxpayers of Ohio pay the bills. It should be stated in this connection that of 150,000 drug practitioners in the U. S., less than 30,000 belong to the

American Medical Association (Medical Trust) and do not approve of its tactics; but they are a complacent lot and do not see that their own rights are curtailed by the bosses, chief of whom is George H. Simmons, an ex-Homeopathic advertising quack and abortionist, of Lincoln, Neb., who was made a "regular" by Rush Medical College of the University of Chicago, after twelve days attendance.

Good vision is not evidence of normal eyes; indeed, extra good vision is positive proof of hypermetropia (sub-normality). If the cornea is not of spherical curvature light entering the eye is distorted so there is not a true focus; this is known as astigmatism. It is an effect, exhibited at the retina, but it causes a constant accommodative effort to overcome it, without the remotest possibility of doing so, and the demand on the nervous system is doubly irritating. This is only true, however, in cases where the distortion is not sufficient to make vision so bad there is no improvement from the accommodative effort—the very bad vision cases do not try to see, hence there is no strain. Of course they should be fitted with glasses to improve vision, but the chief object in our prescribing glasses is to relieve nerve strain.

Our figures for a normal person show that 100 per cent. supply and demand, for average daily purposes, is expressed by 1,000,000 units. Clinical experience covering twenty-six years proves it. Therefore, with an error of 1 unit in the eyes and a demand for 230,400 units of extra current each day, it is easy to understand the possibilities for trouble.

The author has 3.50 units of error and for many years supplied 806,400 units extra (over the normal million) daily. As a result he was a dyspeptic, had headaches constantly, with periodic sick-headaches of great intensity, putting him to bed for 24 hours at a time. He had skin eruptions (partly due to the crime of vaccination, which infected him with "scrofula"), and was otherwise dis-

ordered. After thirty-three years of it, during which he studied medicine in the hope of relief which he did not find and which orthodox physicians were unable to furnish, he discovered the eye error, corrected it, and from that day to the present he has not had a single attack; his digestion improved, and with a knowledge of Natural dietetics, acquired a little later, he has been able to eat anything and everything reasonable with no trouble whatever. He has handled thousands of cases and has taught over 4,000 students how to practice successfully, so that our school is taking care of at least 2 per cent. of the entire population of the United States each year—and the quota each year are all new patients, because, when we discharge a case it does not need further help, save in rare emergencies. No other school ever did anything that will compare favorably with our record.

The public should beware of the eye practitioners, be they oculist, "optometrist," or alleged Ophthalmologist, who attempts to fit glasses at one sitting for a final correction, or who uses the mirror test known as "retinascopy" or "skiascopy." Also beware of deep meniscus (little moon) lenses.

It requires more skill and education to fit a pair of glasses correctly than is needed for the greatest of major surgical operations because eye patients are not under anaesthetics and their nervous systems are under excessive tension, both physiological and mental.

The doctor who employs atropine "drops" in the eyes is unfit to be trusted. It is proof positive he does not know anything about eyes; and we stand ready to show he doesn't even know how to tell when his patient is completely under the influence of the drug—it is commonly known as "deadly night-shade." In practicing our methods we have to make nerve measurements before and after finding the amount of the error, approximately, in order to establish High, Safety, Danger and Low lines with

reference to the patient's general condition, upon which we base our instructions. The correction of eye errors is not sufficient in itself to remove all of the causes of distress and permit Nature to reassert herself normally.

The normal eye condition is called "emmetropia," meaning that what are termed "rays" of light, starting, divergent, from a point on its axis at the retina, or posterior pole, are rendered parallel by refraction at the two curved surfaces of the crystalline lens and that of the cornea. The transparent refracting media constitute the "dioptric system," the principal focal distance of which is 15.872 millimeters, which figure, divided into 1000, which is the standard distance for 1 unit of lens power, gives the eye 63 units of refracting capacity.

All eyes which are not emmetropic are called "ametropic," meaning abnormal. This class includes about 99 per cent. of the population of the world. I have taught ophthalmology and been a constant student thereof for nearly thirty years; I have examined thousands of pairs of eyes, and I have never found as much as one per cent. normal.

"Hyperopia" designates the under-developed eye. About 90 per cent. of all people are hyperopic. "Myopia" is the term used for near-sight. It is found in about 9 per cent. of all cases; many of them being products of systemic changes of a pathological nature, hence regarded as "diseases" because they are often progressive and cause blindness by intra-ocular pressure on the back of the globe, causing a rupture of the retina. It is overdevelopment.

Rays starting divergent from a point on the axis at the retina of a hyperope are still divergent after passing the refracting media, hence need convex lenses to finish the job of rendering them parallel. This need for lenses is not discovered by the victims because they use their accommodative apparatus as has been described, but, as the

public is educated with reference to symptoms, the use of glasses will become almost universal. A natural question arises here in the minds of the readers: "Why is it so many are possessed of subnormal eyes?" and many have added, cynically, "when the rest of our bodies are normal?" In reply we have to say that the addition to the query is made under false impressions. As a matter of fact very few of all people are normally developed in all respects: First, nearly all of my querists have had sub-normal noses where there should be a nose-bridge there is a dimple, and I have found such patients careless in following instructions, opinionated, without reasons and generally unreliable. Second, there is no part of the anatomy which shows deterioration of the race so much as the changes which have occurred in the ears as exhibited in the younger generations; it is rare that we find well developed lobes to ears, and in the chapter on "The Significance of Physiognomy" will be found some of the results of my observations in many years of practice. Third, the eyes, like the rest of the body parts, are not fully developed at birth, and because they are used from the beginning more than any other mechanical function, their development is arrested to such an extent that after about the eighth to twelfth year they cease to grow. The excessive strain on the nervous system, by the efforts of accommodation, often interfere with general development. This will be understood better when it is explained that a defect in the eyes sufficient to lengthen the focal distance of the dioptric systems one-fourth of a millimeter amounts to 1 unit of lens correction needed and a nerve strain of 230,400 units daily if it is not worn. A lengthening of one millimeter in the focal distance requires a +4.00 lens to correct it and the strain of accommodation to overcome the error is 921,600 units daily. Hyperopia is the cause of fretfulness in children; of hatred of school, and, as I have stated, is the *primary* cause of a vast majority of all human ills.

Rays starting divergent from a point on the axis at the retina of a myopic eye, are rendered convergent by refraction through the dioptric system, so they meet at a point on the axis before they have gone far. This is known as the "far point," because it is the greatest distance at which the eye can see clearly. Rays approaching from distances farther than this point are focused in front of the retina, hence vision is poor. Such cases do not suffer from eye strain, but they need concave lenses to neutralize the excessive convexity of the dioptric system. They take rays coming from distant objects and cause them to enter the eye as divergent as if they came from the "far point" thus putting the retina in what is termed "conjugate focus" with the object. Great care must be exercised in fitting such eyes, because too strong lenses create an artificial hyperopia and consequently cause nerve strain. This is a very common mistake of oculists, opticians and "optometrists." Our Ophthalmologists are thoroughly trained in physical optics, then in anatomy and physiology, after which they are drilled in the technique of testing eyes and figuring the data obtained, so there is no possibility of mistake unless they are careless, which we teach is the greatest crime in the category.

Physicians who call themselves "oculists" and make eye work a specialty, had from 48 to 60 hours instruction on alleged "diseases" of the eyes in medical school, during their several years attendance; many of them took post-graduate courses in eye surgery and "diseases;" but very few of them have the faintest idea of the laws of refraction, which constitutes one of the most important subjects of all pertaining to human disorders. They regard the fitting of glasses as a "mere mechanical procedure" requiring no preparation, and the courts have held that the fitting of glasses is not the practice of medicine, which is true, as medicine is taught in the old schools and as said fitting is done by "optometrists" who have actually secured

"laws" in many states, licensing them as professional people, without the formality of examination as to their competence, moral character or anything else, because of Constitutional provisions against interfering with personal privileges, which Constitutional privilege is at once violated by the conduct of examining boards who endeavor to monopolize practice by shutting out those who would enter the field after such "laws" are in force. The alleged "laws" are frauds on the public and are the rankest sort of class-legislation, as are also all other practice acts. A licensed physician in one state, who has practiced for years and has a good reputation in his profession finds it difficult and often impossible to secure a license in another state, because the alleged "examination" is made so technical and "modern" he cannot pass it. The Medical Trust has provided "reciprocity" between states, but it is restricted to graduates from the schools which are "recognized" by the Trust.

Anyone can go to an optical supply house and purchase an outfit for fitting glasses, which includes a card of test letters, made upon a scale established mathematically, but few practitioners know enough about physical optics to figure and find whether the test letters are correct or not. Few of them could figure the size of the picture formed on the retina of an emmetropic eye with the object at any given distance, yet that is only one of a great many important factors in the training necessary for expert eye work. It is a marvelous tribute to the nervous system to be able to prove that with a test letter 8.7 mm. square at 6 meters from the eye the image formed on the retina is not larger than the period following this sentence; yet it is a fact that the message to the brain is perfectly clear as to details of the letter down to fifths. It is almost unbelievable that an overdevelopment of the eye which shortens the focal distance a quarter of a millimeter will reduce vision at least 50 per cent., nevertheless it is a fact.

It is also a fact that no system of practice in relation to human ills is anywhere near complete if it does not include a most thorough knowledge of the laws of refraction and their physiological application, not only in the fitting of glasses but in the general analysis of cases.

Accident insurance companies pay the face of the policy in case of loss of both eyes; one-half of it for the loss of one eye.

Nearly all nervous and incorrigible children have eye defects which are largely the cause of their erratic exhibits. Do not neglect them.

Girls entering womanhood may be saved years of suffering by wearing glasses constantly. Do not let pride interfere, because nothing but the eye correction will accomplish the desired object. Of course, some will need additional attention to other possible causes. See other chapters for particulars.

Do not wear colored glasses, except for special occasions, such as trips on snow or water in bright, sunny days; they are injurious, because they give too much shade and make the eyes weak.

Do not be misled by the fantastic names given to advertised glasses. They are schemes to get your money; they have no especial values.

CHAPTER IV.

The Outrage of Vaccination.

Vaccination, and all serum therapy, is an outrageous experiment, wrong in theory, because it is unnatural, and vile in practice, as is proved by the effects.

The "Council of Pharmacy and Chemistry" of the A. M. A., (Medical Trust), met in Chicago in April, 1919, and appointed a committee "to study the problems of serum and vaccine therapy. This to the end that it might publish in the Journal, for the information of the medical profession, the evidence obtainable regarding both the value of, and also the dangers incident to, the use of serum and vaccines. The study is to include (a) an exhaustive review of the literature, (b) a tabulation of the experiences of the Army and Navy as revealed in available official reports, and (c) a review of the data relative to these therapeutic agencies available in the various clinics of scientific standing," says the Journal of the A. M. A., April 26, 1919.

In a recent decision (1919) of the Supreme Court of Illinois, affirming a decree that dismissed without equity a bill of complaint to enjoin the officials of Granite City, Illinois, from preventing the complainants attending the public schools of that city unless they were first vaccinated, said: "The rule is firmly established in Illinois that school directors and boards of education have no authority to exclude children from the public schools on the ground, simply, that they refuse to be vaccinated, unless, in cases of emergency, in the exercise of the police power, it is necessary, or reasonably appears to be necessary to prevent the contagion of smallpox. But it appeared, in the cases wherein that rule was established, that there was no epi-

demic or prevalence of smallpox and that the pupils were in a healthy condition and had not been exposed to smallpox; and this court held it to be unreasonable to require vaccination as a prerequisite to admission to the public schools in such cases, and that there was no law in Illinois authorizing such action."

This decision, omitting to state what constitutes an epidemic, which Webster says means "spreading widely, among great numbers," makes it possible for the Medical Trust officials to declare an epidemic whenever it wants to make a few hundreds of thousands of dollars for its members.

Following is an extract from a letter to me by "W. C. Braisted, Surgeon General, U. S. Navy," a member of the Medical Trust, which dominates in government medical affairs and just elected president thereof:

"One of the regulations of the Navy requires that every one who enlists or enrolls in the service shall be vaccinated and those who enlist or enroll obligate themselves to conform to the regulations of the Navy. Vaccination is not done by force, but anyone who refuses vaccination is usually discharged or courtmartialed for violation of the regulations and disobedience of orders. Your paper containing your arguments against vaccination was not received by this bureau. Whatever your arguments may be the *law of the Navy* is that vaccination shall be done and this will be carried out until the law is abrogated."

My argument is that if those who believe in the vile rite choose to accept its alleged benefits, they should be allowed to do so; and those who elect to risk smallpox rather than the well-known disasters of vaccination, should also be allowed to do so, because, if vaccination prevents smallpox those who are vaccinated will be perfectly safe. There is just as much reason for not vaccinating any because of the objections of many as there is for insisting all submit

because a few mercenaries and fools pretend they believe in it.

The alleged "law of the Navy" is not a law at all. It is merely a Medical Trust rule. That it is a cowardly method of procedure is obvious. That it is regarded by themselves as unimportant is proved by the fact that my daughter, a yeomanette, worked in the Navy Department for five months and was not vaccinated until the day of her discharge, when she was not only vaccinated but was inoculated with "anti-typhoid" serum—by a gob, not a doctor—and when she arrived at home the next day she was in a state of near collapse. Frequent hot baths and thorough purgation aborted the threatened disaster to her, but my indignation over the dastardly assault has not cooled nor will it until I shall have exposed the official martinets most effectively.

I have it from the Registrar-General's office, London, that vaccination and serum therapy are not compulsory in the English Army and Navy, but it is stated that a "vast majority accept them," which proves two things: First, that English physicians are not so bigoted that they would insist upon the rite being visited upon intelligent people who object to it; Second, that "the vast majority" do not think. When it was attempted to pass a compulsory law in that behalf a few years ago the intelligent people of England registered such a protest that provision was made that conscientious objectors, over twenty-one years of age, might register their objections for themselves and for those under their guardianship, and be excused from the rite.

The history of vaccination and serum therapy condemns it conclusively. The history of smallpox is two-fold: First, those who had it and survived, which "the vast majority" did, were in better health thereafter than ever before; Second, in thoroughly vaccinated Japan, where it is done annually to every man, woman and child, they have

had riotous epidemics of smallpox in very recent years.

Even in this benighted, Trust-ridden country, pro-vaccination doctors do not vaccinate those who are in a state of poor health, because, they admit, it would be attended with great danger. The "researches" now being made are further evidence they are afraid of it themselves; then why force it upon those who see it is illogical and unnatural theoretically and vicious practically? Why do the courts uphold such dubious practices? Are they ignorant, or are they venal?

In Minnesota, a few years ago, the people were so vigorous in their protests against the practice that the "health" boards announced the compulsory law would not be enforced and if thousands died from smallpox it would be their own fault. Smallpox was "epidemic," according to the "authorities," in Duluth and other cities; but it soon exhausted itself and the people won a victory, the news of which has been carefully suppressed by the Trust Press and the Trust Doctors.

In the January number of our paper, "Mature Medicine," was printed the experience of a Mr. Butler, of Calgary, Canada, with vaccination and feeding of cattle. He had about 3,000 head, and, as there was an epidemic of "blackleg" the government ordered the lot to be vaccinated. As one result, the death rate of the herd rose from a normal 8 to 48 the first year and to 65 the second year, when the owners refused to submit to further experiments at their expense. Another result was that the females appeared to be sterilized for the birth rate fell as the death rate rose. At another time he tried an experiment in the matter of feeding. He divided his herd equally and fed one lot on whole wheat; the other lot was fed on hay exclusively. The first lot grew fat, but were not strong; the calves were excessively fat, some weighing 110 pounds at birth—they nearly all died at once and the mothers expired in labor very often. The other lot was not so fat, nor were their

calves, but both mothers and calves were strong, delivery safe and the death rate practically nothing.

We know that the same state of affairs exists in the human family—all because fanatics are permitted to force the public to submit to their experiments. It is high time the victims who have survived and the prospective subjects arise and resist, with force, if need be, such un-Democratic practices.

It is a peculiar situation when, on the one hand liquors are abolished because they have been misused by some, while on the other hand, the vaccine and serum fads are forced on people who have the very best of health reasons for not wanting them. Religion has made more maniacs than liquor ever did, yet "laws" are made in its behalf, in violation of a special clause in the U. S. Constitution forbidding it, while the authorities violate the same Constitution to put liquor men out of business. Our soldier boys went abroad to fight for Democracy and while they were gone, this country was made a most outrageous oligarchy at the behest of fanatics and profiteers. That there is great trouble ahead for the United States is as sure as there is a Natural law. As August Bebel predicted the present German predicament to his countrymen in 1904, so I forecast disaster in this country if those in office continue their abuses of power at the turning of the thumbs of sects and cliques whose votes are dumped as one for those who submit to their domination.

CHAPTER V.

Foods, Nitrogenous and Carbonaceous.

We are born according to Natural laws, handicapped by artificial ones.

A child, born out of wedlock, is declared by religious dictum a "bastard" which "cannot enter the kingdom of heaven." Yet it is alleged God made the laws of procreation and love!

The majority live haphazard and according to fads. Natural results: Mental and physiological disorders which, through assiduously cultivated superstition, make the victims more susceptible to the machinations of religious and medical charlatans, the greatest of which constantly resort to organized slander—organized in the names of "religion" and "scientific medicine"—by which the individual cowards are, in a measure, protected from exposure and chastisement.

The two bodies mentioned comprise less than one-third of the population of the United States and less than one-fifth of the medical practitioners of this Union. Yet both have long dominated politics and the two organizations invariably support each other, no matter what is proposed.

Orthodox medicine teaches the "carbohydrate" theory of what constitutes proper food, and persists in it, even when their experiments have proved, long since, that it is as false as perjury and a lot more harmful.

The "American Text-Book of Physiology," authored by the professors of physiology in Harvard, Yale, Columbia, University of Pennsylvania and Johns Hopkins Medical departments, contains the most positive evidence of *criminality* on the part of "regular" practitioners, because they cannot be ignorant of their error in the face of the following:

Vol. I, page 277: "We include among carbohydrates

the starches, sugars, gums, and the like; *they contain no nitrogen*. Their physiological value lies in the fact that they are destroyed in the body and a certain amount of energy is thereby liberated. The energy of muscular work and of the heat of the body comes largely from the destruction of carbohydrates."

Yet, on pages 354-355 we find: "The essential value of the inorganic salts to the proper nutrition of the body does not commonly force itself upon us, since, as a rule, we get our proper supply unconsciously with our food, *without the necessity of making a deliberate selection*" (!) "Forster fed dogs and pigeons on a diet in which the saline constituents had been much reduced, although not completely removed. The animals were given proteids, fats and carbohydrates, but they soon passed into a moribund condition. It seemed, in fact, that the animals died more quickly on a diet poor in salts than if they had been entirely deprived of food."

In their classification of "food-stuffs," page 276, they put them in the following order, evidently unconsciously convicting themselves of the sin of omission in their practices:

"Water;

"Inorganic Salts;

"Proteids (nitrogen-containing bodies);

"Albuminoids (a group of bodies resembling proteids, but having in some respects, a different nutritive value);

"Carbohydrates;

"Fats."

On page 277: "In the group of fats we include not only what is ordinarily understood by the term, but also the oils, animal and vegetable, that form such a common part of our foods. *Fats contain no nitrogen*. Their use in the body is substantially the same as that of the carbohydrates. Weight for weight, they are more valuable than the the carbohydrates as a source of energy, but the

latter are cheaper, more completely digested when fed in quantity and more easily destroyed in the body."

In their classification of "enzymes," a name given to a group of bodies existing in plants and animals, which institute and promote normal fermentation in the digestive apparatus, they again convict themselves of the crime of omission in practice.

Page 280: "Enzymes are classified according to the kind of reaction they produce—namely:

"1. Proteolytic enzymes, or those acting on proteids, converting them to a soluble modification, peptone or protose. As examples of this group we have in the animal body pepsin, of the gastric juice and trypsin of the pancreatic juice. In plants a similar enzyme is found in the pineapple family, (bromelin) and in the papaw (papain).

"2. Amylolytic enzymes, or those acting upon the starches, converting them to a soluble form, sugar or sugar and dextrin. As examples we have in the animal body ptyalin, found in the saliva; amylopsin, found in pancreatic juice, and, in the liver, an enzyme capable of converting glycogen into sugar. In plants the best known example is diastase, found in germinating seeds, *known for a long time from the use made of it in the manufacture of beer.*

"3. Fat-splitting enzymes, or those acting upon the neutral fats, breaking them up into glycerine and the corresponding fatty acids. The best example known is steapsin, found in the pancreatic secretion.

"4. Sugar-splitting enzymes, or those having the property of converting the double into the single sugars. Two enzymes of this character are found in the small intestines of the animal body; they are known as invertase and maltase."

When it is known that in the regular order of digestion, water, inorganic salts, proteids and albumins are handled altogether in the stomach, save when it is handicapped by the presence of the carbohydrates; that the starches

are only partly digested in the stomach and the sugars and fats are scarcely attacked until they reach the small intestines, it should become clear to anyone whose mentality is not clouded by sophistry, that such foods as contain *tissue building material*, (which, it is confessed, only the first named group do), are the ones which should preponderate in food. Yet the old-school theory and practice remain just the opposite, insisting that the carbohydrates, sugars and fats are the producers of heat and energy; a falsehood of the most palpable sort, proved by every-day observation of fat people and animals, made so from diets of starches, sweets and fats—they are almost invariably sufferers from heat and cold, are unable to perform labor without tiring quickly, exhibit skin eruptions, "gout," "apoplexy," ambitions for easy jobs, as office-holders, are lazy and not nearly so honest as their leaner fellows.

We have taken thousands of cases of disorders, produced largely by wrong food, with contributing causes which are always present, and made new people of them in a few weeks. We reduced Dr. T. C. Seright, of Chatsworth, Ill., from 269 to 198 pounds in the thirty days from August 15, to September 15, 1902, and changed him from a weak, nervous person to a strong, happy man. A few years later, when I mentioned the case in one of my classes, a Kentucky physician-student arose and asked for proofs, because I had told the class to not believe anything I taught unless I proved it. I responded that if we were in Kentucky the shooting would be over and his relatives notified; then I began to explain why I was not prepared to establish my veracity in that instance, when I was attracted by a presence in the open door—it proved to be Dr. Seright, whom I supposed was 80 miles away; needless to say I called on him for a statement, at the conclusion of which I asked my student if he would like to call that big fellow a liar. He apologized and the incident was closed. The old-school boys teach it is dangerous to take off fat so

fast, thus proving they know nothing about the matter and do not want to learn.

On page 364 of the delectable text-book quoted from may be found under the heading "Potential Energy of Food:"

"From the standpoint of the law of conservation of energy it is easy to understand that the amount of available energy in any food may be determined by burning it outside the body and measuring the quantity of heat liberated."

If this isn't "bunk" it is most appalling ignorance—any person with a little common sense knows there is a vast difference between physical and physiological combustion. But let us take some of their figures and try them out, On page 364 they say:

"Roughly speaking an adult man gives off from his body in the course of twenty-four hours about 2,400,000 calories of heat (1 calorie = the heat necessary to raise 1 cubic centimeter of water 1° C). This supply of heat is derived from the metabolism or physiological oxidation of the proteids, the fats and the carbohydrates that we take into the body in our food. * * * * According to Stohman, 1 gram of beef, deprived of fat equals 5,641 calories, while 1 gram of veal gives 5,663 calories. For muscle extracted with water, Rubner obtained the following figures: 1 gram = 5,778 calories. The combustion equivalent of urea (Rubner) is 2,523 calories. Since 1 gram of proteid yields about one-third of a gram of urea, we should deduct 841 calories from the combustion equivalent of 1 gram of proteid to get its available energy to the body: $5,778 - 841 = 4,937$ calories."

Very well. Now, $2,400,000 \div 4,937 = 486$ grams or a little over one pound avoirdupois (1 pound is 453.5 grams) of proteids to supply the body with necessary energy. But, they say, further:

"Practically, however, this value has been found too high. Direct determinations upon the body in a calori-

meter gave to Rubner the following values, which seem to be generally adopted by workers in this field: 1 gram of proteid equals 4,100 calories; 1 gram of fat equals 9,300 calories; 1 gram of carbohydrates equals 4,100 calories. Weight for weight, fat contains the most energy, and, as we know, in cold weather and in cold climates the proportion of fat in the food is increased. In dietetics, however, the use of fat is limited by the difficulty attending its digestion and absorption as compared with the carbohydrates."

Let us see: $2,400,000 \div 4,100 = 585$ grams, or 1.3 pounds of proteids; $2,400,000 \div 9,300 = 257$ grams, or .56 of a pound of fat to sustain an able-bodied man daily. The carbohydrates figure the same as the proteids, hence if a man eats half a pound of each of the above daily he will develop 4,800,000 calories of heat, twice as much as he needs, hence he would surely become overheated! Some people eat five times the quantity mentioned, hence, theoretically, such people ought to blow up! Is it a funny proposition to you, reader? It is to me.

As a matter of fact the whole calorie system is a physiological fraud, as is readily proved by simply observing fat people and animals, as suggested before. It is an egregious mistake to assume that "the essential value of the inorganic salts to the proper nutrition of the body does not commonly force itself upon us," in the light of such statements, experiments and figures just given. It is foolish to assert that "as a rule, we get our proper supply unconsciously in our food, without the necessity of deliberate selection."

In another chapter will be found a list of the elements composing the human body. Of these, iron, potassium, sodium, calcium and magnesium are the bases of the inorganic salts. (So-called "organic chemistry" is that of the carbon compounds). The other body elements, phosphorus, sulphur, chlorine, fluorine, hydrogen, oxygen and nitrogen, are the active principles which act upon the metal bases named, forming essential salts, which are

utilized in the processes of metabolism. The nitrates and phosphates of potassium, sodium, calcium, magnesium and iron, build bone, muscle, nerve and connective tissue, while combinations having the non-metal, carbon, for a base, make nothing but load for the digestive apparatus, if digested, a load of fat to carry and absorb heat and energy, obstruct nervous and vascular circulations and, finally, return nothing whatever in the line of energy.

The carbonates are indigestible as well as non-nutritive, if used alone as shown in the experiment quoted, where the dogs and birds died quicker than if they had been given no food, because they wasted energy in trying to "combust" the food which gave no return. Nitrates and phosphates are not only necessary for body repairs, but are absolutely essential to digestion and absorption, hence we designate them as +foods and the carbonaceous ones as -. We employ the same signs in subdivisions of other subjects, hence they do not always mean foods.

For convenience in making comparisons we use figures, instead of technical symbols, and let 100 per cent. the normal daily demand for digestive purposes, be 1,000,000 units of energy. Practical physiological tests, made repeatedly, proved that it takes four times as much energy to handle equal amounts of carbohydrates and nitro-phosphates; therefore in a quantity equally divided as to the + and - we have the ratio 1 to 1, which, in 10 parts, is a proportion of 5 to 5. Dividing the 1,000,000 demand in the proportions 4/5 to the - and 1/5 to the + gives 800,000 to the - and 200,000 to the +, or 160,000 per part to the - and 40,000 per part to the +. Thus, at a ratio of 1 to 1 and a quantity of 10 parts, which may be grains, ounces or pounds, we have

Ratio.	Quantity.	
-1.00	-5	$\times 160,000 = 800,000$
+1.00	+5	$\times 40,000 = 200,000$
Total daily demand		<u>$= 1,000,000$</u>

As the — foods return nothing, the big duty falls on the +. To return 1,000,000 the + has to do it at the rate of 5 for each 1 of its 200,000 drawn.

One of the ways in which we proved it does this, or better, is that we took cases who were living according to the carbohydrate schedule, which is a ratio of 4 parts carbohydrates to 1 part nitro-phosphates, and were in a bad state of disorder. We put our standard to the test and found it thus:

Ratio.	Quantity.
—4.00	—8.00 × 160,000 = 1,280,000
+1.00	+2.00 × 40,000 = 80,000

Total daily demand = 1,360,000

To return the total makes a demand on the + of 17 to each 1 drawn for the nitro-phosphate, which is beyond its capacity. We reversed the ratio and prescribed practically the same quantity as had been used, and the following shows why we got the results we did:

Ratio.	Quantity.
—1.00	—2.00 × 160,000 = 320,000
+4.00	+8.00 × 40,000 = 320,000

Total daily demand = 640,000

With a reproducing capacity of 5 to 1 the + would return 1,600,000 daily and with a reduced capacity of only 3 to 1 it would return 960,000 daily, or 50 per cent. more than the demand. Our patients recovered so quickly they surprised even ourselves. Of course we did other things beside dieting, but any doctor is supposed to do that. We used no drugs of the artificial sort, however, and we only did rational things, from which, like our diet, no possible harm could ever occur. We win in 100 per cent. of all cases. First, we do not accept any who measure beyond the "limit angle" of Nature's power to come back; second, the laws of Nature always work because we require all patients to

pay good fees in advance, as guarantees they will follow instructions.

The foregoing refers exclusively to the ratio of the solids in foods. The normal ratio of water to solids is 2 to 1, which is necessary to solubility for purposes of assimilation and distribution of the essential elements in the solids. Briefly a normal food composition is $66 \frac{2}{3}$ per cent. water, $16 \frac{2}{3}$ per cent. — solids and $16 \frac{2}{3}$ per cent. + solids. In the average carbohydrate diet of the public (and orthodox doctors) including white flour, dried peas and beans, corn, rye, etc., water ranges from 14 to 25 per cent. — solids from 40 to 75 per cent., + solids from 3 to 24 per cent., there is a slow, sometimes, but sure drain on the chemical supply which brings trouble sooner or later. Of course the deficiency of water is often made up by copious draughts thereof with meals, but, in any event there is a lack of the elements with which Nature builds tissue, particularly muscle and nerve structures, walls of blood-vessels, etc., then there is a dearth of combinations required for digestion and the result is an abnormal fermentation, with its results, as follows:

The "carbo-hydrate" foods contain practically none of the most important elements: Nitrogen, phosphorus, iron, sulphur, chlorine, potassium, sodium, calcium and magnesium, nine out of a total of fourteen. They do contain starch, sugar, fats and some water, but not enough of the latter, which can be added easily, however. Starch has the formula $C_6H_{10}O_5$ with a molecular weight of 162; adding water, H_2O with a molecular weight of 18, forms glucose, $C_6H_{12}O_6$ with a molecular weight of 180. Therefore, one ounce of starch, 480 grains, plus the proper proportion of water, $53 \frac{1}{3}$ grains, a total of $533 \frac{1}{3}$ grains, affords a basis for figures of fact. If absorbed promptly, without fermentation, it is of little value as food because it lacks the nine important elements named above, and instead of forming heat, as has long been taught, it does

nothing of the kind, being rather an absorber of heat and motive power, a load rather than a help. If fermentation occurs, as it often does, it splits into $2\text{CO}_2 + 2\text{C}_2\text{H}_5\text{OH}$, or carbon dioxide and alcohol, with respective molecular weights of 88 and 92, or 48.89 per cent. carbon dioxide and 51.11 per cent. alcohol. Therefore, one ounce, 480 grains, of starch, plus $53 \frac{1}{3}$ grains of water, a total of $533 \frac{1}{3}$ grains, yields 272.6 grains of alcohol. Dividing this figure by .8 (the specific gravity of alcohol) there are 340 minims volume. Sixty minims make a fluid drachm, hence there are 5.68 fluid drachms or .71 of an ounce of alcohol. Dilute to whisky, which is 50 per cent. alcohol, this is 1.42 ounces, a pretty big drink for even a "topper." It is not uncommon for people to eat 32 ounces a day of starchy foods and nearly all of them have "acidity of the stomach," which means their distillery is working, so they are making anywhere from a few ounces up to 45.44 ounces of whisky per day.

That the effects of the ordinary manner of living are bad is thus easily shown, theoretically, and the final proof is not only afforded in the "chronic" conditions of millions who are not ill enough to seek medical aid, other than patent medicines, but in the numerous fads exploited from time to time by fakers and by honest but misguided souls, who range from the herbivorous to the carnivorous, including the omnivorous who satisfy their appetites and send for the doctor.

It should be apparent to even the casual observer that no system of living, or of medical practice, which does not take into consideration everything pertaining to these great subjects, can be anywhere near correct. Our System of Mature Medicine is the product of endeavors to profit intellectually by the mistakes of others, hence it is the most difficult to practice, because we have to contend with professional jealousy and with habits which are generations old. Then it is often difficult to secure the variety in foods

which are needed; bath tubs are comparatively few; facilities for hot water are fewer; people do not want to wear glasses or take proper rest. There are so many "cults," who propose to "cure" ills of all sorts by punching backs, by drugs, by "physical culture," by "Christian" and other "sciences," by Turkish baths, hypnotism, etc. The "forgiveness of sins" dogma has borne fruit. It is still utilized by the Religious Trust, the Medical Trust, the Newspaper Trust and the Food Profiteers Trust to keep the public filled to redundancy with a faith in "authorities" which would be sublime were it not so pathetic. The "Health" columns of the public press are replete with "information" that makes business for the "dope" doctors, who originated "patent" medicines by their "prescription" methods and who now seek legislation to put such competition out of business. The same public press echoes and reechoes the cry for "vaccination" and serum therapy, which are unsound theoretically, criminal practically and altogether an experiment.

The latest jolt given to the faddist was at Camp Wheeler, Macon, Ga., shown in a report of George Douglas Head, M. D., chief of medical service, base hospital, whose story was published in the Journal of the Medical Trust May 3, 1919. It describes an "experiment," tried on soldiers in that camp during an "epidemic of pneumonia." "Two radically different methods were employed," says the report. One was in what is termed the "open war group," where the out-doors-cold-air fad was practiced in 966 cases, with a mortality of 13.9 per cent. The other was the rational method of warm rooms, comfortable surroundings, etc., where, with 435 cases the death rate was only 3.2 per cent. It is stated particularly that the comparison between the two methods is fair because "the epidemic was continuous during the time the study was made; the same disease was prevalent, of the same type in both groups." What have the "sleeping-porch" faddists

to say about it? What have the "health" editors, who exploit fads, to say? Why should "scientific" doctors find it necessary to *experiment*? Doctor Head is a Medical Trust doctor, according to the directory published by the Trust; he was graduated in 1895 and is still orthodox. His experiment was certainly a deadly one for orthodoxy.

In the diet tables which are supplied with each copy of this book, Table I gives the percentages and quantities in grains, per ounce, avoirdupois, of Carbonates, Nitrates, Phosphates and Water; Table II gives, in grains and fractions thereof, the amounts of: P. (phosphorous), Fe. (iron), S. (sulphur), Cl. (chlorine), K. (potassium), Na. (sodium), Ca. (calcium), Mg. (magnesium), per ounce, avoirdupois. The first four named are active principles, (except that iron is sometimes basic), while the last four are the bases on which combinations are formed by the others, usually associated with nitrogen, oxygen, hydrogen and fluorine. These combinations, or "salts," act not only in the metabolic processes, but generate heat and power *directly and indirectly*, the first about one-ninth to one-fifth of the total produced daily and the second (muscular activity) develops the remainder.

A standard, normal diet should be at least two-thirds water, one sixth nitro-phosphates and one-sixth carbonates; then, with the liquids taken with meals and between meals and other departments of physiology in fairly normal conditions, digestion should be complete and the needs of the body supplied. It requires considerable figuring to arrange the items quantitatively in order to get the qualitative proportions and, to practice dietetics as a *materia medica*, requires a training in physical and physiological chemistry which cannot be acquired from a book. The illustrations to follow will show, however, how we can utilize all articles of food, without harm and even with some benefits. The figures in the Diet Tables are per

ounce, hence must be multiplied by the number of ounces of each item:

In Table I, for example, apple is 4 per cent. carbonates, and 33 per cent. nitrates and phosphates, with 63 per cent. water. The ratio of the + solids (nitro-phosphates) to the — solids (carbonates) is $8 \frac{1}{4}$ to 1. Referring to Table II, in which the first four columns are the + or active principles and the 6th, 7th, 8th and 9th columns are the — or basic elements, we find by comparing the totals of each, that the ratio of the basic to the active elements present is — 3.52 to + 1.00, which is good because the base has to carry the combination with nitrogen, oxygen, hydrogen, or fluorine, or several of them—the normal ratio of the — to + is about 2 to 1. But apples are not perfect food, because they contain no chlorine, which is one of the essentials for digestion. Adding salt will overcome that deficiency; but there are yet other deficiencies which any attempt to explain here would be wasted unless the reader be first trained as indicated in the preceding paragraph. The only place that training can be had is in our school, where practical physiological chemistry has been developed in a manner consistent with physical laws. It is a sad commentary on the intelligence of those who organized the dominant system of practice that they devoted their time to developing an *artificial materia-medica and neglected entirely Nature's own, the only true one.*

Apricot, Table I, is 8 per cent. carbonates, 6 per cent. nitro-phosphates and 83 per cent. water. The ratio of the — solids dominates, $1 \frac{1}{3}$ to 1; but the water is bountiful and that helps. Table II shows the base is 3.51 to 1; but it is short on chlorine and the total of the elements is only .4539, while apple totals 4.5701 grains per ounce.

Remember all of the figures in Table II are extracted from the nitrate and phosphate columns of Table I. The carbonates yield none of them.

Asparagus, Table I, is 5.4— to 1+; but, with, 93.6 per

cent. water, it is not bad. Table II shows a base ratio of only 1.53, which is not good; yet, if it be eaten with other items, the total being so arranged that the combination is good, as a whole, the Naturally elastic body chemistry will take care of it.

Beans, (dried), Table I, are 40 per cent. carbonates to 27.5 per cent. nitro-phosphates, a ratio -1.45 to $+1.00$, with water only 14 per cent., which is a bad combination. Table II shows an abundance of elements but a base ratio below which is bad. We can only eat beans with benefit if they be taken in connection with other items which make up their deficiencies. The ratio is found by dividing the smaller total into the larger one. In this instance the total of active elements is greatest.

Beets, Table I, are bad in solids, with a $-$ ratio of 3.54 to 1.00; but the 70 per cent. water helps. In Table II the base ratio of 1.60 is not good, and there is no help for it but combination with other items.

Beef, Table I, is good, because the nitro-phosphates dominate with a ratio of $1\frac{1}{2}$ to 1 and the water is about normal. Table II offsets the good in one respect, viz.: the basic ratio is bad, being only 1 to 1; But the quantity of elements is good, so all that is necessary to secure the benefits is to supply other items with high basic values. Common salt, NaCl, adds sodium to the bases and frees chlorine to form hydro-chloric acid for digestive purposes.

Blueberries, Table I, the $+$ solids dominating 2.55 to 1.00 and water high; hence they are good. Table II shows a fine base ratio of 3.60 and a liberal supply of elements.

Blackberries, Table I, show the $+$ is 4.5 to 1.00, with lots of water; hence good. Table II shows a base ratio of 3 and plenty of elements. The seeds in berries are aids to digestion, mechanically.

Cabbage, Table I, has a ratio of -3 , with a high percentage of water, making it fair. Table II helps, with a base ratio of 2, improving it on the whole.

Carrots, Table I, are -5.80 to $+1.00$, which is bad; with over 82 per cent. water, which helps. Table II shows a 3.60 base, which is very good; but there is only a trifle over half a grain of elements per ounce, hence it is a light weight food.

Cauliflower, Table I, is good, with a ratio of 1 to 1 solids, and 90 per cent. water. But Table II gives only a 1.58 base; hence it needs to be supplemented with other things to increase the base and the water will stand reduction.

Corn (N), Table I, is bad, with a $-$ ratio of 5 and only 14 per cent. water, which may be increased, but that wouldn't help the other fault, and Table II shows a base of only 1.36, which is bad.

Corn (S), Table I, is good, with a ratio of 1 to 1 solids; but it is low in water, which is bad. Table II shows the $+$ elements dominating the base, which is bad.

Corn (G), Table I, gives a $-$ ratio of 1.71 in the solids, but an abundance of water, which is good. It is low in chlorine, by Table II, and the base is lower than the active elements; hence the tendency to produce colic, when indulged to excess.

Cheese, Table I, is good, with a $+$ ratio of 1.27; and not good with only 36.5 per cent. water, which is easily increased. Table II shows it to be abundant in salts, with a fine base, -3.20 . It is one of the best foods there is; but it does not follow that cheese alone would be a practical diet. This reminds us of the man in a boarding house who said he liked prunes for eighty or ninety meals successively, but he'd be damned if he wanted them all of the time.

Celery, Table I, has a $-$ ratio of 1.7, with 75 per cent. water. In salts, Table II, it is better, with a base of 2.76 and lots of chlorine.

Cranberry, Table I, with 45 per cent. nitro-phosphates and no carbonates is fine; water is almost normal. Table II shows it prolific in salts with a base ratio of 2.16, which is good.

Cherries, Table I, are bad, with a — ratio of 7; and the 81.2 per cent. water doesn't offset that. Table II shows a poor value in salts, but with a basic ratio of 2.77, which is good. It is a peculiarity of fruits, with single seeds, that they are poor in salts and carbonates dominate.

Currants, Table I, show 2.9 per cent. + and no — solids, which is good as far as that goes, and there is lots of water. But Table II shows the + elements dominate in quantity, hence there is liability to be trouble from a deficiency of basic material.

Cocoanut, Table I, is all bad, with a — ratio of 8.3 and no water. Table II, makes a fairly showing, with a base ratio of 3.57; but a comparatively enormous amount of energy has to be expended to get little return out of such items of food.

Cucumber, Table I, shows a —ratio of nearly 3 to 1; but it will be observed it is nearly all water. Table II shows the active elements are more numerous than the basic, hence it is a bad combination. This is aggravated by the fact that this stuff is eaten while it is immature, in which condition it is more or less poisonous; much depending on who it is in.

Dates, Table I, are 105 to 1 in favor of the carbonates and only 24 per cent. water—more of the single seed badness. And this is made worse by Table II, which shows a total of only .0526 grains of salts, although the basic ratio of 3.53 is good. As a whole there is nothing worth while in this item.

Egg Plant, Table I, is almost balanced in solids, but is mostly water. Table II shows it pretty good in salts, but with a weak base of 1.58. It is long on phosphorus and potassium, which is suggestive.

Eggs, Table I, are 1.16+, hence good; water is normal, which is good. But Table II shows the active elements the most numerous, with a large amount of salts, which is bad.

Figs, Table I, gives carbonates the advantage by nearly

7 to 1 and the water is low, all of which is bad. Table II shows a base ratio of 6.78, which is good; but the quantity of salts is small. Adding plenty of water together with the digestive aid of the fine seeds will make an egg-fig combination all good.

Fish, Table I, is 20 per cent. +, to no — and 80 per cent. water, which is good. Table II discloses an abundance of salts but a very low base, only 1.12. Combining it with cheese in equal parts would raise the base to 2.16, which is fine. There are many reasons why the combination would not be advisable as a constant diet.

Fowl, Table I, gives nitro-phosphates 12.8 to 1 of carbonates, which is very good; and the water is bountiful. Table II shows a bad base of only 1.29; hence it needs to be fed in combinations which will raise the base. It is well supplied with essential elements. Game, as a rule, belongs in this class.

Grapes, Table I, are 5.25+ to 1—, and well supplied with water. Table II shows a good base ratio, 2.83, and the seeds are a help to mechanics of digestion. Don't be afraid of getting them into your appendix.

Grape Fruit, Table I, is 7 good to 0 bad, and normal in water. Table II shows a 2.93 base and a liberal supply of salts, making it one of the finest as well as one of the most delicious of fruits. Many people spoil it with sugar, because they are fantical in the belief they know as much about foods as anybody can, and they have "God-given tastes" to guide them. A little salt not only sweetens them but adds to the chlorine, which is a little short in this fruit.

Gooseberries, Table I, are 4 good to no bad and the water is high. Table II shows a base ratio of 2.15, which is good. These should be combined with a little salt, as they are shy on chlorine. We use them for sauce, at our table, as they are palatable and help out other items, both in water and basic ratio.

Ham, Table I, is 1.23 good to 1 bad; but is short on

water. This is shown by the thirst which follows eating it. Table II shows it to be bad in base deficiency although abounding in elements. Combine it with strawberries and other extra good items and there will be no thirst after eating, thus exploding the old theory that it is the salt in the ham that makes the thirst.

Lentils, Table I, are abundant in solids, but the — dominates by 1.4 to 1, and the water is very low, as in beans. Table II shows a poor base, 1.26, but a good value in salts, if arranged to get them without wasting too much energy.

Lettuce, Table I, is $3 \frac{1}{3}$ bad to 1 good, in solids and is 88 per cent. water. Table II gives a base ratio of 2.56, which is fine. The elemental combinations are good, but of limited quantity.

Lemons, Table I, are 8 good to 0 bad, in solids, with plenty of water. Table II shows salts abundant, with a base ratio of 2.20, which is good. The juice of one lemon, one orange, one grape fruit, some pineapple and strawberries crushed and put in makes what I have named "the elixir of life."

Milk, Table I, is $1 \frac{1}{3}$ bad to 1 good, with lots of water. In Table II we find it bad in basic properties. This can be much improved by letting it stand until the fat arises to the surface, then skimming it before feeding. Our patients who are mothers have always made it a practice to feed their babies the blue milk and they never have had a case of colic among them. Milk is one of the antidotes for mercury and potassium poisoning—it is so hungry for basic elements that it will tackle anything; the stuff is thus held in suspension until it can be recovered by emetics or until it passes out by way of the bowels. Don't try to handle poison cases without calling a physician, however. You can't learn all about doctoring people from this little book.

Mutton, Table I, is 1.4 good to 1 bad, and carries a

normal supply of water. But, like other meat, it is deficient in basic ratio, as Table II shows only 1.09. The general salts value is high and by supplying bases it will become available.

Mushrooms, Table I, are 1.5 bad to 1 good, with lots of water. Table II shows deficient base, 1.38, adding to the evidence of the necessity of combinations in foods for general use at meals. We often have cases to whom we feed the items individually, as old-school medicine is prescribed; but we do it mathematically, not by the guess and guess again methods of the orthodox doctors. .

Oats, Table I, are bad, 2.75 to 1.00, in solids, with a low supply of water. Table II shows them worse, with a basic ratio of 1.05. They are advertised as "great foods" and sold at fabulous prices to suckers. The orthodox doctors prescribe oat-meal soaked in milk to make people fat. It will do it, too; provided it is digested; but it takes a lot of energy and returns practically nothing, which is why the invalids who grow fat, at Battle Creek and other "health" resorts, do not remain strong when they return home for work.

Olives, Table I, are 89 bad to 1 point good; they have plenty of water; but they are of that single seed family. Table II shows a wonderful base ratio, 19 to 1, but an ounce only yields .0444 of a grain—provided you get it. They are "bum" as food, no matter what the people who have them to sell say about the subject.

Onions, Table I, are 5.2 bad to 1 good, with 93.8 per cent. water. Table II shows they have a good basic ratio, 2.30; but there is very little of value in them. The salts combinations afford an example of the microscopic workings of natural laws, which are almost Homeopathic in their attenuations.

Oranges, Table I, are 5.1 good to 0 bad, with normal water supply. Their basic ratio, Table II, is 4.74, which is excellent.

Oyster Plant, Table I, is 5 points bad to 1 good, with 80 per cent. water. Table II gives it a base ration of 3.36, which is good. The item can be utilized to advantage in combinations.

Peaches, Table I, are 9.6 bad to 1 good; lots of water; another example of the one-seed fruit. Table II shows a high base ratio, 3.48, but practically nothing in quantity of elements.

Plums, Table I, are worse, being 89 bad to 1 good; 71 per cent. water. Table II shows a 3.30 base, but only .0127 of a grain quantity.

Peas (dried), Table I, are 1.58 bad in solids and only 14.1 per cent. water. Table II shows a 1.36 base ratio, but enough salts to be worth arranging a combination to secure them.

Peas (green), Table I, are 2.12 bad to 1 good, but have plenty of water. Their base ratio, Table II, is even lower than the dried ones and the salts supply is much lower.

Potatoes (Irish), Table I, are 7 bad to 1 good, but the water supply helps. Table II shows a moderate supply of salts and a bad base, 1.69.

Potatoes (sweet), Table I, are over 9 to 1 to the bad and are deficient in water. In salts they are practically the same as the Irish. We use potatoes, but not often. They are fine for animals who have nothing to do but play around and digest food. They make fat but not strength. Note the difference between the tenderness of fed stock and those that graze.

Pork, Table I, is good, about 1.16, with normal water. Table II shows a very low base, 1.05, which is bad. The same is true of all meats, but their salts supply is so good we go after it by raising the base.

Parsnips, Table I, are bad, over 4.6 to 1, with 80 per cent water. Table II gives a good base, 2.41, with a limited salts supply. The combinations are nutritious, however.

Pineapple, Table I, is 9.8 good to 0 bad, with normal

water. Table II gives a fine base ratio of 2.74 and a goodly supply of salts, which are easily secured to the system.

Peanuts, Table I, are bad; 7.6 to 1, with only 10 per cent. water. In salts, Table II, the ratio is -1.91 and there is a fair supply, but oh! the difficulty attending digestion. Some years ago a wise professor of a business college in this region declared he had found the real mono-diet. He was going to live on peanuts. After much free advertising in the gullible press he began one "holy day." Thursday he was operated on for "appendicitis." No, peanuts are not good for a steady diet. Neither is "peanut butter."

Radish, Table I, is 3.3- to 1+ and over 89 per cent. water. It has a 2.39 base according to Table II, and contains a fair amount of salts; but it is a distant relative of the cucumber and should be taken with moderation.

Rice (rough), Table I, is 14.64- to 1+ in solids and nearly no water; all of which is very bad. Table II shows it still worse, because the + elements dominate the basic ones 1.34 to 1. Never use the stuff except in combination with very high + items all the way through. It has been argued that the Chinese live altogether on rice, which is false—and then, look at the Chinese and see the result! They live largely on fish and fruit. The fish is of low base, but the fruit fixes that; then they spoil it again with rice—and look at the Chinese!

Rice (polished), Table I, is still worse, 34.4- to 1+, and 9 per cent. water. Table II shows the same bad condition as to base as the rough, and much less available quantity of salts.

Raisins are practically the same as grapes, which see.

Rhubarb, Table I, is 3.25 bad to 1 good, with lots of water and lots of waste. Table II gives it a 2.79 base, which is good. We use it for sauce, because it is palatable and is mostly water.

Strawberries, Table I, are 45 per cent. good to no bad

and with a normal water supply, hence extra good. Table II shows a Fine base of 2.83, and an abundance of salts readily available, which makes them one of the best of items. Some people boast they can't eat them, saying they cause a skin eruption. It is merely a sign the body is chemically disordered and there is a natural attempt to clean house, when the elements are supplied. All such cases who come to us soon learn they can eat all of the strawberries they can hold and they will not break out.

Spinach, Table I, is 1.65—, with lots of water; and, Table II shows, with a 2.76 base; hence it is a good item in an occasional combination. It is available all of the year and makes good filling.

Squash, Table I, runs about 4 to 1 to the bad, with plenty of water. Table II gives it a 4.44 base, with a very low amount of salts.

Tomato, Table I, runs over 2 bad to 1 good, but with lots of water and a Table II base Ratio of 2.51 it makes a very desirable food which is relished by nearly everybody.

Veal, Table I, is good with about 1.4+ to 1—, and normal water supply. Table II shows plenty of salts but a bad base ratio, only 1.04, to be overcome before the supply is available.

Whole wheat, Table I, runs over 4 bad to 1 good in solids and practically no water. Table II gives a base ratio of 1, which is bad.

White flour, Table I, is 19.8 bad to 1 good, with little water. Table II shows a still worse situation, with the active elements outnumbering the basic ones, and a total salts supply per ounce of only .098 of a grain. An ounce of strawberries yields as much essential salts as seven loaves of white bread, and no energy is required to get it from the strawberries. If you don't believe it keep on eating the bread—I'll stick to the berries and other + foods, combined with other natural, simple, non-faddish things.

We will now give some illustrations of combinations with reference to balancing them and show what happens in balanced and in unbalanced ones:

Article.	Oz.	PER CENTS.			ELEMENTS.	
		C.	N-P.	W.	Active.	Basic.
Apple.....	4	4	26	63	4.0408	14.2396
Beef.....	3	14	21	65	5.5269	5.6115
Cauliflower.....	2	4.6	4.6	90	1.3802	2.1858
Eggs, 2.....	3	14.9	17.3	67.8	4.8273	4.7346
Orange.....	8	0.	5.1	67.2	1.0456	4.9616
Totals.....	20	37.5	74.0	353.0	16.8208 gr.	31.7331 gr.
Final Per Cents.....		8	16	76.	Ratio +1.00	-1.88

Adding the per cents. and dividing the grand total into each total gives the per cents. of the combination.

Adding the grain totals we have 48.5539 grains of essential elements, in addition to the nitrogen, oxygen and hydrogen employed in their combinations as salts.

In the solids we find 16 per cent. + and 8 per cent. -, which is a ratio of 2 to 1. Hence, figuring according to the proceeding described early in this chapter, we have:

Ratio In 10 Parts.

$$-1.00 = 3\frac{1}{3} \times 160,000 = 533,333\frac{1}{3}$$

$$+2.00 - 6\frac{2}{3} \times 40,000 = 266,666\frac{2}{3}$$

$$\text{Total nerve demand} = 800,000$$

$$266,666\frac{2}{3} \times 5 = 1,333,333\frac{1}{3} = \text{Product.}$$

$$\text{Difference} = 533,333\frac{1}{3} = \text{Net gain.}$$

Now, let us take a combination such as the average citizen lives on; or, rather, tries to live on:

Article.	Oz.	PER CENTS.			ELEMENTS.	
		C.	N-P.	W.	Active.	Basic.
White bread....	4	78.6	4.	14.	.1980	.1940
Potatoes (1)....	4	15.8	2.3	74.8	.7404	1.2568
Beef.....	4	14.	21.	65.	7.3692	7.4820
Butter.....	2	50.	0.	50.	-----	-----
Tomatoes.....	3	4.2	1.8	94.	.5541	1.3923
Corn (N).....	3	67.5	13.4	14.	1.5987	2.1789
Totals.....	20	230.1	42.5	311.8	10.4604 gr.	12.5040 gr.
Final Per Cents.....		39	8	53	Ratio +1.00	-1.19

Adding the grain totals we have 22.9644 to be compared with the 48.5539 in the first calculation, plus the nitrogen, oxygen and hydrogen in the combinations.

In the solids we find 39 per cent. — and 8 per cent. +, which give a ratio of $4\frac{7}{8}$ to 1. Figuring as before we have:

Ratio. In 10 Parts.

$$-4\frac{7}{8} = 8.3 \times 160,000 = 1,328,000$$

$$+1 = 1.7 \times 40,000 = 68,000$$

$$\text{Total nerve demand} = 1,396,000$$

$$68,000 \times 5 = 340,000 = \text{Product.}$$

$$\text{Difference} = 1,056,000 = \text{Net loss.}$$

In the first combination there are 25.5895 more grains of essential elements—more than twice as much—not only available, but they are appropriated by the system through digestion, while the limited amount in the second arrangement is often lost entirely through lack of digestive capacity. We have purposely omitted sugar, pastry, and milk, all of which are used to a large extent in ordinary households. We use very little of them; hence the comparison is more favorable to the latter list than it would be, but it is certainly bad enough to account for the relation of food composition to human ills, as a causative factor.

When a case comes to us, all broken down, or in an acute state of suffering, the dietetic part of our procedure is something like the following as a daily regimen:

Article.	Oz.	PER CENTS.			ELEMENTS.	
		C.	N-P.	W.	Active.	Basic.
Orange.....	20	0.	5.1	67.2	2.614	12.404
Lemon.....	10	0.	8.	63.	6.571	14.497
Grape Fruit....	30	0.	7.	66.	13.755	40.365
Pineapple.....	20	0.	9.8	69.1	12.936	36.778
Totals.....	80	0.	29.9	265.3	35.876	104.044
Final Per Cents.....		0.	10	90	Ratio +1.00	-2.90

The entire 10 parts solids are +, hence:

$$10 \times 40,000 = 400,000 \text{ demand.}$$

$$400,000 \times 5 = 2,000,000 \text{ product. A net gain of 1,600,000.}$$

But, remember, such patients are down-and-outs, hence their reproduction must be at a lower rate than 5 to 1. Suppose it is down to 2—we are able to figure exactly what it is in any case, after we have examined and analyzed it. Then, $400,000 \times 2 = 800,000$, showing a net gain of 400,000 daily. This explains why our patients get along so rapidly. Of course we do other things for them which are as great improvements over the old, artificial procedures; but the diet is our chemical *materia medica*, and, with our methods of utilizing it, we find it works all of the time.

We sometimes indulge in pastry; but we always serve it first at a meal, so the digestive combinations get at it first; also because the big fault with people generally is they eat too much. They fill up on the tasty, heavy foods, until they have a big job for the digestive apparatus; then they add the pie and cake, cream, etc. By giving the fancy stuff first the appetite is partly satisfied and there is less danger of overloading. When we have pastry, which is largely —, we are careful to follow it with a + combination on the “safety first” plan.

In cooking we use the least possible amounts of grease and sweets. It is all nonsense to say it can't be done. We have never had any person about our place who did not say we have the best cook and the best tasting food they ever ate.

Our morning repast always find everybody “present” with good appetite—because our evening meal is moderate in quantity and decidedly +. Fruit at bedtime promotes digestion during sleep and people with coated tongues and “dark-brown” tastes in their mouths, from alleged “liver” troubles, soon note the disappearance of those unpleasant symptoms. Ask the next fifty doctors you meet to let you see their tongues—you'll find that according to their dogmatic system they all have liver “disease.” They don't even know enough to take care of themselves.

CHAPTER VI.

Suggestions for Home Treatment of Disorders.

On the first appearance of a sore throat get busy with hot baths, to the sweating point. Put patient in the water when it is warm enough to lie in; then turn on the hot and let it run, stirring it so the heat will be distributed; when the patient complains of it being too hot, shut it off a few minutes, then turn on again; give a glass of cold water to drink, as it will help bring out the perspiration. When beads of sweat stand out on forehead turn on the cold water and let it run, distributing it by stirring as before, until the bath is quite cool; this will prevent sweating in bed. Gargle with strong salt water and feed nothing but fruit juices, such as lemon, orange, grape-fruit, pineapple, fresh berries in season, for a few days; get the bowels open early and keep patient quiet until all symptoms are gone. We are not strong on the "contagion" idea; but as many others are, and as there is chance of infection, no child should be sent to school with a sore throat.

The same treatment and general principles apply equally to colds in the head, to lagrippe, "flu," pneumonia, all fevers and pains, even to those suggestive of "appendicitis." No possible harm can come from it and many lives may be saved, beside saving doctors and nurses bills.

In cases of accident with head injuries, the hot baths with cold water applications to the head after the body is well heated and relaxed, will abort possible concussion of the brain. After such baths if the patient is sleepy permit a half hour's sleep, then awaken to see if the mind is clear; if not give more baths and send for a physician.

There is no fixed temperature for hot baths; some people require them hotter than others do to get the same

effects. All we want is relaxation, and that is apparent when there is sweating. Some oppose hot baths, saying they are weakening. That is nonsense. I spill a dash of cold water on the backs of such complainers and they at once exhibit vigor enough to jump out of the tub. Some faint in the bath, but that is from fright.

In cases of injuries where the skin is broken, a nail is run in the foot, for example, use spirits of turpentine instead of water to cleanse, injecting it into the wound, where there is no membrane; then give hot baths as frequently as may be necessary to prevent complications, which will be indicated by severe pains. In one instance, when I struck my hand on a piece of metal which penetrated a quarter of an inch, shooting pains in elbow and shoulder began in about an hour; within the next 60 hours I took 28 boil-outs, each followed by cold water applied to shoulder and arm. At the end of the period I was all right and the wound was healed. Turpentine does not hurt like either hot or cold water; it is a perfect antiseptic and promotes the reunion of nerves, making the healing process more rapid.

For boils and skin eruptions of all kinds, even to small-pox, erysipelas, measles, etc., the hot baths, made quite salty, with opening of the bowels and the effective diet of fruit juices, plus rest and sleep, will often suffice to effect perfect restoration to health.

The oft-asked question: "How often should baths be repeated?" is answered: Use common sense; when the symptoms return repeat the dose; that is what the drug doctor does, isn't it? Sometimes in pneumonia, after we have reduced the temperature to normal in a few minutes and have put our patients to bed with a cold, salt-water soaked bath towel on the chest, and all is well, the fever returns in an hour or two. This tells us we did not get complete relaxation, so we go after it again.

All enteric inflammations, including "typhoid" fever,

should be gone after with the baths, etc., no matter if the patient is in a state of unconsciousness. The employment of cold wet sheets is a crime, contrary to reason, and often fraught with fatal results.

Rheumatism, of all kinds, will be relieved by the baths and diet; but the inflammatory variety needs much more than home treatment, dietetically, while the others often need mechanical treatment not possible at home.

Ear-ache and other children's exhibits will be relieved speedily by baths; but such symptoms often mean general disorder of the body chemistry, hence competent specialists should be consulted. Catarrhal conditions are common and nasal adenoids, enlarged tonsils, etc., may result if not attended to in a general way. Operations are dangerous, usually unnecessary, and should be avoided. A child has the right to be well cared for until it is able and learns how to take care of itself. This book is written for children as well as for adults.

For the pains attending menstruation take hot baths. All talk of it being dangerous belongs to the days before there were steam heat and warm rooms. Our clients of this class always take the baths every night during their periods, as a mere matter of cleanliness. We even give hot baths to arrest flooding—the principle involved is that by relaxing the vaso-motor nerves the blood vessels of the entire body dilate, thus relieving pressure and the flooding ceases. "Scientific" "regular" doctors use cold packs and tampons (plugs), and lose their patients often. We would employ the same treatment even in post-partum hemorrhages.

Turkish baths, cabinet baths, shower baths, cold plunges and other strenuous methods may not harm the strong; but they never did any good. They are on a par with physical exercise for the generally debilitated.

As a general proposition hot baths and rest, with strictly nitro-phosphatic food, are indicated whenever there

are symptoms of nervous irritation, whether due to mental, physiological or physical causes. And many causes of debility and collapse will be helped by the same tactics—none can be injured by them. We have a case now, with spinal curvature from one accident and a history of paralysis for a year from another fall. She had been on a decline for two years partially recovering from the paralytic stroke, and when she came to us she could not walk alone. After four months under our rational methods, including a hot bath every night, she is able to go as she pleases, play the piano an hour without tiring, has gained one-fifth in weight and has comparatively normal complexion. Hers was a case which the average orthodox doctor would call “pernicious anaemia.”

Acidity of the stomach is not, as is generally believed, too much acid. It is merely the wrong kind. It is carbonic acid gas, developed from too much carbohydrate food. “Regular” doctors are as ignorant as laymen in this particular. They order abstinence from acid foods, when that is just what is needed. Normal digestion is fermentation produced by the action of nitrogen, oxygen, hydrogen, phosphorus, sulphur, chlorine and iron, on the metal bases. Abnormal digestion, from chemical causes, is produced by a substitution of carbon for the metallic elements. If the attack exhibits with intense gastric pains, a level teaspoonful of common salt, dry on the tongue, with a glass of water to wash it down, will give almost instant relief. Then a hot bath and modest eating of +foods, indicated by the diet charts, will prevent the possibility of a return of trouble. Do not acquire the notion that you are warranted in eating anything you please, and taking salt. That would be foolish and dangerous. Do not follow a dose of salt too quickly with strong acid, such as lemon juice. It might do no harm; then it might cause salivation.

Amenorrhoea, absence of the menstrual function, at

the age when it should exhibit, is a forerunner of that form of general debility which has been called "anaemia and chlorosis" by our "scientific" friends, the "regulars." The hot baths, proper food, out-door exercise of a mild nature, with correction of the eye errors, will do more in a couple of months than all the "dope" or fads of orthodox medicine would fail to accomplish in as many years.

Aphthae, sore mouth, from indigestion; exhibits white blisters on and under the tongues of small children; in older people the tongue is badly coated, cracked, and the gums are sore. Get the bowels open; reform the eating habits; wash thoroughly with strong salt water. Teach the children the value and politeness of the tooth-brush habit.

Apoplexy, cerebral congestion, with, sometimes, hemorrhage, when it is usually fatal. Peculiar to fat people who are always deficient in elasticity and strength of the muscular portions of the vascular walls. There is invariably a history of carbohydrates, sugars and fats, with, often a a mental know-it-all-about-that-food-business attitude, which prevents the possibility of any self-respecting Neurologist accepting their cases. They are often willing to "give us a trial" after they have had a close call for their lives; but we rarely take them then, as our facilities for measuring conditions and prospects are too accurate. Some years ago a fat, joshing doctor, from Sioux City, Iowa, visited our school with another physician who was a student. After half a day of exhibiting good-natured skepticism, he asked if I would like to make a clinic of him. I replied I didn't need to make an examination; that the signs were too positive; that he would not live three years and that he would die of Apoplexy, because his condition headed that way and his temperament was such that he would not accept and follow rational advice. He very obligingly died as promised, in about two and one-half years.

Arterio-sclerosis, hardening of the arteries, is mostly "bunk." It belongs in the same category with the current

fad of "blood-pressure." Why, my friends, if you didn't have blood-pressure you would not survive long. We have had all sorts of cases of both conditions and never had any difficulty in getting good results speedily; provided, of course, there were no other complications; but even then we get there eventually, if we take the case. It is a matter of baths, diet, manipulation, exercise, mental training, etc.

Asthma, hay-fever, with the trifling difference that when the eyes are not involved it is the former. In either event breathing is difficult and there is general congestion of blood-vessels, proving nervous irritation. The fact that it appears at certain periods of the year in most victims has deceived doctors and laymen alike. The "regular," "scientific" chaps, like Doc Evans, the joke of a "health" editor of the Chicago Tribune, exploit "pollen extracts for testing purposes are now available. Your physician can use these to discover which pollen causes your trouble; after which you can be vaccinated against the offending pollen." But, Doc isn't particular, for he adds: "If this is not available for you, take the chloride of calcium." They remind me of a story of one of their sort, who, on visiting a child in a state of coma, gave some medicine, and when asked what he did it for, replied: "that will throw it into fits; I am hell on fits." Don't pay any attention to "health" editors; they are, almost invariably, doctors who couldn't make honest livings practicing medicine, so they took to teaching the public to indulge in fads. They and "health" officials are all in the same class, except that the officials turn their crooked talents to greater pecuniary advantage. Get busy with the baths, foods, etc., but, as a rule, there are complications of a systemic nature which need the care of a Neurologist, who is familiar with our methods in finer details than could be taught in a book. Your home treatment will put the "pollen" devotees to flight in short order. When Dr. William L. Black, of our faculty, came to us in 1907, July 4, he had been afflicted with hay-fever for

twenty years. He had been doped and "educated" in old schools until he was discouraged, and had acquired the opium-cocaine habit under the practices and teachings of the "regular," including the years at the University of Pennsylvania, medical department. He exhibited the hay-fever and the habits during August. I began on him and in a week the asthma was gone; it has never returned. The dope habit was harder to handle; but with his co-operation we conquered that and he has developed into one of the most valuable teachers there are to be found. No patient of ours ever acquires any save Natural habits—we teach some that the majority do not know exist.

Biliousness, a form of indigestion exhibiting a sallow complexion, loss of appetite ("anorexia"), coated tongue, I recall a class incident of years ago: when I made the statement that any person under six feet tall who weighs over 200 pounds is sick, a physician student, rather indignantly, declared he was under six feet, weighed 226 and was never sick in his life. Shortly afterward I asked him what he would say if a patient came to him complaining and examination showed a tongue coated very thickly with yellow, and a few other symptoms such as are usually found with it. He replied he would pronounce it a disordered liver. Other students were called before him and he was asked to stick out his tapper, when he exhibited a beautiful case of "liver" trouble. He took the illustration good-naturedly and put himself on our diet, with the result that in a few weeks he was a new man and weighed only 180. Incidentally he learned that a coated tongue does not mean liver trouble. It does mean that the lymphatic system is clogged and the coating is one of the automatic symptoms Nature has provided that we may take heed timely and save distress and expense. The doctor has never practiced "regular" medicine since he left us, about fifteen years ago.

Breath, (fetid), is one of the guides to conditions,

habits, etc., it tells us the variety of indigestion, differentiates catarrh, bad teeth, cigarettes, whisky, tobacco and drugs. Nearly every person has more or less indigestion, hence the breath is correspondingly unpleasant. A small lump of salt, say the size of a cranberry, taken with water to wash it down, just before going into company, will be found of value; but if proper care is taken in the matter of eating, etc., the breath will be normal and never unpleasant.

Bronchitis, inflammation of the mucus membrane of the windpipe and bronchial tubes, has the duality in cause comprising systemic disorder primarily, with exposure to sudden climatic changes as the immediate and secondary one. We have proved this abundantly by taking "chronic" and "incurable" cases, following treatment for the acute exhibit by a methodical general overhauling, chemically and mechanically, and the exhibit had not recurred many years afterward, when it had been periodical, irregularly, before.

Calcareous deposits range from the amyloids of the lymphatics and connective tissue to the stones which form in the liver and kidneys. They are products of carbohydrate living; their exhibits vary from "rheumatism" to those requiring operation on the organs named. It is not a matter of record that any operator ever told his patient to cease wrong living. There are two possible reasons for this: (a) the doctor didn't know the cause, (b) he saw more operations by keeping still. That this is not a libelous or unfair statement may be learned by observation and intimate acquaintance with the "regular" fraternity, one of whom is quoted in a recent number of the Literary Digest, May 17, 1919. He read a paper in his medical club at Youngstown, Ohio, and it was printed in a medical journal, thence to the public. Among other things he said in arguing for "socialized medicine," that is a class supported by the state: "A few are good collectors and

couple a little business acumen with their pills and powders, and they prosper in a measure. Some few add a touch of avarice and duplicity, make twice or thrice more calls than necessary, where the pay is good, advise unnecessary treatments and operations, have trade arrangements with specialists and surgeons, as well as other ways of swelling the income. Others, bolder, take up all the surgical work they can get, removing tonsils, adenoids, appendixes, and now and then an ovary, or do other things they would not do but for the money motive." As a final touch he adds: "I say to you, in the face of all of our medical laws, medical codes of ethics and scientific attainments, it is a system of dog eat dog." Home treatment for calcareous deposits would be ineffective because of the complication of causes.

Catarrh, nasal, faucial, aural, gastric, etc., mean need for not only local but general, systemic, treatment. The baths and dietary suggested in the first paragraphs will help a lot but each case needs to be under the care of one who has learned the details in college. Snuffing salt-water is better than douches or inhalants, for the nose; pouring it into the ears is better than using a syringe; but there is nothing among ills that needs professional attention more than catarrh. Our patients not only get well of the several varieties, but they learn how to keep themselves well in that respect forever after.

Chorea, St. Vitus' dance, is a nervous exhibit, often due, primarily, to nerve strain from uncorrected eyes, with contributing causes, too numerous to attempt to describe here. Home treatment is of little use until a case has been overhauled in a sanatorium where no drugs are employed. The dope used on such cases is always deleterious mentally and worthless physiologically. See epilepsy.

Conjunctivitis, external eye inflammation, ranging from simple congestion through successive stages, sup-puration, granulation, ulceration, and possible scars which,

covering the pupillary space, cause blindness. Hot baths, followed by cold-salt-water applications and a visit to a competent Ophthalmologist are the rational procedure, and it means wear glasses all of the time. It is in place here to remark that anyone, under 45 years of age who needs glasses at all should wear them constantly in order to get any benefits worth mentioning. The doctor who prescribes bi-focal lenses earlier than about the 45th year is a chump. He doesn't know his business. This is a matter upon which I speak mathematically.

Constipation, movement of the bowels at long intervals, is never present without indigestion; but indigestion may be experienced with ordinary or even free movements of the bowels. Some of the most dangerous cases of indigestion are those associated with diarrhoea. It is a very common ailment, and is, probably, the most neglected one. Reasonable attention to the selection of foods according to our dietary system, coupled with other hygienic suggestions, will soon show appreciable effects.

Debility may be a normal condition—in the aged. In all other instances it is pathological. Its causes are many combinations from the ten groups, enumerated in another chapter. It should be understood by all that finally all ills are placed in one of two classes: One is hypernormal; the other, subnormal. All who are in the first or + class are comparatively easy for Neurologists, although they often puzzle all other doctors. Those who are in the second, or — class require patience as well as skill. Debility, of course, is —. Anaemia, neurasthenia, melancholy, lassitude, and a general woe-be-gone expression, with grouchiness or hopelessness, are the obstacles we have to contend with. Such cases are worth more to handle, not only so far as cost of handling is concerned, but also from the standpoint of benefits received by patients. They are beyond home treatment and must go away from home conditions to be treated successfully.

Corns, and callouses, sandpaper and get correct shoes.

Diabetes, a condition of general obstruction systemically. Found often in short, stout people with well-established eat habits, of the sweets and starches, with contributing causative factors, one of which is mental indifference to apparent conditions until it is too late to do any good. A home regimen would not work; such people have to be bossed. This disorder differs from Bright's disease in being obstructive, clogging, while the latter is simply malignant toxæmia (blood-poison).

Diarrhoea, dysentery, flux, etc., may be arrested mechanically very quickly in nearly all cases. Seat the patient on a low stool and sit on a chair behind, with your knees in the small of the back. Catch under the arms, lean back and pull steadily until patient complains of hurting; then ease up a little and rock sidewise gently, patient's head lying back on your shoulder; hold steady and still with slight pressure for a minute or two, then let there be rest and quiet for half an hour or longer; followed by a big glass full of fruit juice and a steady diet of the same for a few days. If there are other symptoms they must be accorded recognition. I have fixed second-summer babies in two minutes when they had been given up to die by orthodox doctors, who afterwards gave their dope the credit, because they didn't know I had touched the cases. I merely slipped my hand under the little things and, doubling up my fist, put the pressure where it was needed.

Diphtheria. See the first paragraph of this chapter and get busy.

Dropsy, an infiltration of lymph into the tissues, from weakness of the walls of the lymph and blood vessels. A long, tedious job to correct, and, as a rule, unreliable patients, temperamentally. See the description of our Neurometric method of analysis, in another chapter.

Dysmenorrhœa, painful menstruation, has puzzled the

orthodox doctors since there was such. Our graduates in Ophthalmology have relieved permanently, during the past 25 years, more cases than all the drug doctors in history ever did or ever will, unless they change their tactics. For temporary relief from convulsions or distressing pains take hot baths; but for final relief see a real Ophthalmologist—one with a McCormick diploma.

Dyspepsia, chronic indigestion, mental physiological. Symptoms, religious fervor; grouchy at home; pleasant with strangers; hypocritical on general principals; bad disposition and worse temperaments. No case for home treatment, unless it be with a stuffed club. They usually have catarrhal and other complications. The worst feature of such is, they are able to be about causing trouble nearly all of the time. They are easy for us because they learn right at the beginning that we are onto them and when we make them put up a substantial fee in advance they come to the line like little ladies and gentlemen. We have actually put them in a laughing humor the first week. Of course they back-slide some because they can't quit their religious habits all at once; but when they learn there is no forgiveness for it, that the unpleasant results follow "as the night the day," they come out all right.

Earache; give hot baths for general relaxation, work the ears gently and pour water into them until a roaring sound is heard; empty it and repeat several times, then put in a drop of warm oil and a bit of cotton, the latter being removed in half an hour. Continue the baths daily and keep on a rational diet until all symptoms disappear.

Emphysema, is asthma, which see.

Enteritis, inflammation of intestines, includes typhoid, yellow and all other intestinal "diseases," also peritonitis, "appendicitis," etc., Give hot baths and get the bowels open. In "appendicitis," which is a telescoping of the ileum into the caecum, (small intestine into the colon), there is often much pain, same as in hernia, and nearly

always much gas in the intestines, causing abdominal distension; put a tablespoonful of spirits turpentine into a two-quart or three-quart bag of hot water and use as a rectal douche, just before putting into bath, or, afterward, if the patient is unruly. After the bath lay on left side—may be done in the bath—and manipulate the bowels gently to relieve the telescoping; then see that it does not occur again, by keeping the bowels open and feeding on fruit juices for two weeks, giving all patient wants; the more the better. Positive orders to keep quiet, in bed, must be rigidly enforced. Operation is not necessary in one case in a hundred.

Epilepsy, a disorder, usually congenital, primarily, aggravated by training and living. Eye strain is often an important factor, but incapacity for digestion is the direct cause of seizures, coupled with fits of temper or other mental excitement. The old-school iodides and bromides are worse than no treatment whatever and have rendered many incurable by reducing mental balance to almost an infantile stage. Our process is one of chemical regeneration, mental training and rigid discipline. It takes months to restore Nature's ascendancy, and we only accept those whose mentalities have not been injured by medication, which is illogical and harmful. We require substantial fees in advance, and take no cases unless our examination and analysis give promise of the very best results. It is not a condition for home treatment, except that very young people, say from five to ten years, may be handled at home under instruction. A child addicted to bed-wetting is a candidate for epilepsy; one spoiled by indulgent parents until it exhibits uncontrollable temper is also headed for trouble.

Epistaxis, nose-bleed, is an indication of weak vascular walls and needs plenty of open air, little close application, correction of eyes and eating habits. A hot bath will stop excessive bleeding, but must not be regarded as a "cure"

and the real causes neglected. Such cases are of the "apoplexy" or meningitis class and require general reconstruction.

Glandular enlargement, of the neck, armpits, groins, or elsewhere, indicate systemic conditions needing general overhauling. They presage goitre, and a variety of disorders, which only a thorough analysis, after personal examination, can determine.

Hypochondria and other mental exhibits are often products of physiological derangements, the correction of which will restore normal mental balance. If the public would only realize that procrastination is not only the "thief of time" but something more dangerous, and would consult a reliable doctor, while conditions are fairly good, much unnecessary suffering would be avoided. The general unreliability of "regular" doctors is so well-known that it is a national disgrace. One way to test a doctor is to ask him what he thinks of his competitor, as a doctor. If he "knocks," don't trust him. We are staunch advocates of medical freedom for the public; we believe in educating the public; we have no complaints against individual doctors, until they expose their crookedness, when we let loose; but we claim it an inherent right to criticize systems and alleged systems of practice.

Hysteria is a condition opposite to hypochondria and is an easier class of cases to handle, because many of them are physiologically in fair condition, but are the victims of eye strain, habits and fear.

Impotence is a product of ignorance or wilfull misconduct. It is not amenable to home treatment and is difficult for the skilled physician. Mental conditions are always involved and victims have neglected themselves so long that the chances are against them.

Insomnia is inability to sleep. It may be temporary from indigestion; but when it becomes a habit it is annoying and debilitating. Hot baths, with proper foods, are

usually sufficient to restore normal sleeping capacity. If they fail it means there are complications needing professional attention.

Intussusception, telescoping of the bowels at the ileo-caecal valve, commonly called "appendicitis," which is a wilful lie, intended to frighten people into operative procedures, has already been mentioned.

Lumbago, pain in the small of the back, is often caused by slightly displaced vertebrae. "Regular," "scientific" doctors ridicule the idea, thus proving they do not know their anatomy as they should. It is this ignorance and insolence that has made work for "chiro" and "osteos" who are all half-baked professional people, but they make good sometimes where the others have failed—then the "regulars" go to the legislatures for "laws" to stop such competition. Take hot baths at home, use plenty of good foods, as per diet charts, have your eyes looked after by a competent ophthalmologist, and you will probably need nothing else. If the pain still continues, it means a systemic disorder that requires prompt attention, or it may mean a slipped vertebra.

Mania should always be treated with hot baths. It is an intense spasm of the nervous system, and while the baths may not be sufficient to break down the exhibit, they give some relief and proper treatment will restore the subject to normal. Professional service should be called as early as possible.

Marasmus, pernicious anaemia and neurasthenia, in short, general debility of an exaggerated type. Home treatment according to the following will do more good than all the old-school treatments ever devised: First, give hot baths every night; second, feed strictly on nitrophosphatic food with the carbonates excluded entirely; this shuts out bread and many vegetables, but there is plenty of the proper sort of food and it should be fed in quantities; as much as half a dozen grape fruits, a dozen

oranges, a few lemons and part of a pineapple daily is an ordinary ration. Only the juices should be employed; they are practically self-digesting and the patient will gain right from the start. We had one case of a man 70 years old with weight reduced from 160 to 90 pounds and he was so weak he could neither walk or talk. In ten weeks we had him walking everywhere he pleased, as much as a mile at a time, his voice was strong and he gained 15 pounds. Younger people yield more readily; but that is pretty quick work.

Menorrhagia, flooding at the catamenial period, has been mentioned in another place, but, for convenience, we repeat here: Boil them, same as for dysmenorrhoea; then put on rational diet, have eyes corrected and built up the nerve supply.

Morning sickness, in pregnancy is entirely needless; it is not due to the pregnancy, but to a combination of causes, chief of which is defective eyes; next is wrong living. Such cases need Neurological care and advice in order to develop healthy children and to deliver them without pain or fever.

Myalgia means muscle pain, and there is no such thing; it is all nerve pain, for that is the only channel through which we feel. It is an example of old school nomenclature, however, which proves they do not even know how to employ the English language. Baths and manipulation may remove the causes; but there may be chemical disorders needing professional service, which will be indicated by the failure of the home work.

Nephritis is a name for kidney trouble, sometimes called "Bright's disease." It may or may not be accompanied by pains in the back. If it is true nephritis it will exhibit in a diminution in vision and in aversion to light very early. This is not a class of cases to be undertaken at home, even by practitioners. They must be where they can have constant attention until out of danger. They are

in danger when they are still able to get around and attend to business.

Neuralgia is nerve pain; hence all pain is neuralgia; but by common consent and usage, only the shooting pains are classed as such. Just why people delay having a general analysis for such symptoms, except it be the old-school failures in treatment, is more than we can understand. Take some baths and try living correctly as to food, etc., and if you do not get all right in a few days consult a Neurologist. Our graduates are not in the "cult" or "sectarian" class. Our school is the only non-sectarian school in existence. We have nothing in common with "regulars" or the "osteos," "chiro," "naturopaths," "christian science" or other fads, drug or drugless. We are not in the one-idea or "cure" classes. We try to be honest with the public and teach it to be honest with itself. We do not solicit students or patients. We only accept those who come up to our requirements, and we are pretty strict, because people have been spoiled so that they cannot imagine anyone can mean exactly what he says, and they try all sorts of interpretations of our announcements. It doesn't go with us for a minute. We teach the laws of Nature as dug out by us, with the aid and benefit of the diggings of others in the past. St. Paul is said to have declared he could learn from Greek or barbarian. We have done that very thing. We have frequently come in contact with people who are in good standing in the educational world who did not know the origin of the word "alphabet;" they insisted there are four grand divisions of arithmetic, when there are only two, addition and subtraction; multiplication is a short method of addition and division a short method of subtraction. We teach and practice on these principles. No one gets credit in our school save for the work he does in it. We have reduced the length of terms to the minimum and we do more work in the time specified than any old school does in seven

or thirteen years. We have been the subjects of sneaking slander for 25 years but we have gone ahead and won all of the time. If the slanderers were as eager to learn as they are to slander they would be paragons of knowledge.

Nymphomania is abnormal sex desire; and there is more of this than is generally believed. All of such cases need the care of a doctor who will not attempt to "cure" it. It doesn't need curing. It needs education. Such people are usually above the average intellectually; hence heed education along rational lines. Neurologists are prepared by us to give the information and in no instance is there any charge for it. The matter is one which has been abused by mercenaries and prudes. Our information is neither "obscene," "immoral," or embarrassing to anyone. It is for those who need and will appreciate it. The "curious" and "lewd" need not apply. We spot them in a minute. Satyriasis is the term applied to males in this class. As a rule it is an acquired state with them, while in the female it is a natural physiological exhibit, but indicates there is nerve strain through the eyes and elsewhere, which needs correction and with mental counsel the use of drugs or the resort to operation is avoided.

Paralysis is in the — class of cases, and is a symptom of neglect of other warnings. Only long time and patient work by a professional person will accomplish anything and we do not promise much, although we often have some delightful surprises as results of our fidelity and the patient's cooperation in conforming to Nature's laws as we have learned them.

Phthisis. See Tuberculosis.

Pneumonia. See first paragraph of this chapter.

Quinsy. Treat same as pneumonia.

Rheumatism requires systematic treatment, professionally. There are too many complications of causes to attempt home treatment, save for temporary relief. Sciatica, for example, is one form which is often due to

displaced vertebrae or to obstructions in the hip joint. It is possible to fix it in one minute.

Sex ills and skin eruptions are so multitudinous that other than professional treatment is bad, because delay only adds to complications which may be disastrous. We have "formularys," old-school, containing over 200 prescriptions for drug combinations for skin "diseases," which is good evidence of fact their practice is all experimental.

The facts that medicine and religion are split up into dogmatic schools and associations; that they are intolerant of each other; that they seek legislation to gain advantages; that they substitute artificial ordinances for Natural laws; that they have failed to make good on their propositions; should be sufficient evidence to teach the thinking public to give them all the go-by.

We recognize no "authority" save Mathematics, which is the Natural law of order, out of which all principles of living must come. The vaunted "education" of our time is an arrant humbug. Erudition has made fools of many, which statement recalls the remark of a practical army officer, who in addressing a lot of recruits from a college, said: "Gentlemen, I am glad to see you here; I know your type; I can tell a college man as far as I can see him—but I can't tell him much." The boys were about to cheer, but the last six words cut it short. If every child be taught how to read, write, spell, punctuate and paragraph correctly, then be trained in the principles of arithmetic, followed by the study of geography and history; and have it all done at the age of sixteen, after which be given practical duties where what has been learned may be applied intelligently, there would never be any danger from bolshevism or other forms of unionism in this whole world. People would vie with other to accomplish good for all, instead of striving to "do" one another.

CHAPTER VII.

Composition of Food for Thought

King Solomon said: "The love of money is the root of all evil."

Sol. was regarded as the wisest man of his time; but he was mistaken in his "diagnosis."

Love of power appears, from history and current events, to be the chief weakness of humanity.

Elect a man road supervisor and he at once concludes he should be county commissioner. Make him mayor of a city and he aspires to the presidency of the country. Choose him for president and he wants to be chief of a league of nations. Each and all of them will resort to the tactics of a thug to achieve his ambition.

But there are yet greater personages than even the highest official, viz.: Those who make him—and break him. Money is an essential to the attainment of power; but it is secondary in the final analysis. Superstition and credulity are the primary necessities to insure success in the manœuvres to control the destinies of the people.

Religion and medicine paved the way for politics and profiteers. The world war has taught the people neither the futility of prayer nor idiocy of war. All ancient and modern philosophers have been and are arrayed against both. The first on the ground that if there is an omnipotent, all-wise and all-powerful personal creator, prayer to him, her or it, is impudent and unworthy of notice; the second because wars, instead of settling matters, have always bred more and worse wars. The Germans and Austrians are buoyed by the hope that they will some day be revenged for the trouncing they have received at the hands of the allies. This has been called "human nature."

It is a lie. Nature is kind, and if the people would apply themselves to the study of Her laws, they would have neither time or inclination to "do" others, and they would qualify themselves for adequate defense against those whose ambition is to "do" them.

That remarkable character, William Shakespeare, is immortal. Not in the superstitious sense, but in the most eminently practical one. The words he makes Polonius say to his son Laertes, as he was about to start out in the world alone, (Hamlet), are as literally worthful today as they were when he wrote them:

"Give thy thoughts no tongue,
"Nor any unproportioned thought his act.
"Be thou familiar, but by no means vulgar.
"The friends thou hast, and their adoption tried,
"Grapple them to thy soul with hoops of steel;
"But do not dull thy palm with entertainment
"Of each new-hatched, unfledged comrade. Beware
"Of entrance to a quarrel, but, being in,
"Bear it that the opposer may beware of thee.
"Give every man thine ear, but few thy voice;
"Take each man's censure, but reserve thy judgment.
"Costly thy habit, as thy purse can buy,
"But not expressed in fancy; rich, not gaudy;
"For the apparel oft proclaims the man.
"Neither a borrower or a lender be:
"For loan oft loses both itself and friend;
"And borrowing dulls the edge of husbandry.
"This, above all: To thine own self be true;
"And it must follow, as the night the day,
"Thou canst not then be false to any."

Nature never made any units of measure. She made natural standards. Man made the units. Naturally we should regard the creative power as of dual gender, if a personality, and as a female in point of delivery. But man created god in his own image—purely an arbitrary and

artificial standard. Mothers are naturally nearer to their children than the fathers, because they bore them. The mother-love is the stronger. What mother would condemn her child to eternal torture, no matter what crime it might commit? Yet we are told this male god has a hell in store for most of us. The object of the tale is to win power for Bosses, right here on this globe, and right now. The suckers are promised a heaven hereafter if they bow to the masters of the present. The "laws" of the religions have always been: "Thou shalt" and "Thou shalt not."

The laws of Nature will "reveal" themselves to anyone who studies. "Seek and ye shall find" is true in Nature, up to the limit angle of the laws. If any do not know what "limit angle" means, study the laws of refraction and reflection of light; then apply the principle to everything else: patience, physical endurance, mental capacity, etc. And here it is in order to mention a human characteristic product of artificial teachings. I have had thousands of patients and thousands of students in my school-rooms. I have yet to meet the first one who, upon reciting his or her story of physiological ills, and being informed that their mentalities are as much deranged as their bodies, did not flush with indignation, and many of them were highly offended, thus proving my proposition off-hand.

Among the first important ideas I gathered through the process of mental digestion was the fact that Nature's laws work on me just as they do on others; and vice versa. What any of us elect to believe about anything does not alter the facts an iota; therefore, if we really are philosophers (lovers of truth), we will search the laws and conform to them as nearly as environment will permit. The first half of my life I was a complacent follower of "accepted authorities," I took my medicine, mental and physical, as a matter of course, and was in a disordered condition all of the time. I awoke, thirty-odd years ago, since which time I have never taken the other fellow's dope, and I have

never been ill a minute. A wise-guy brother-in-law of mine once told my mother I am the greatest mathematician he ever saw and I am all right on many things but on some subjects I am insane. There was a time when I would have gone five hundred miles to punch his nose. But I merely asked mother how my brother-in-law knows we are not both crazy on the subjects about which we agree. You see, I am out of the fog and he is still in it. I have learned to not assume I am always correct. I talk and write in the hope that I may help some people to think for themselves. I am not going to send them to hell if they do not think; and I am not promising them heaven if they do. It is a very trite expression when one says: "I've done a hell of an amount of thinking" about something.

Practically everything in Nature is present in dualities. One of the reasons we accomplish as much work in a school year as the old schools do in several years is because we employ the duality system in teaching. It has the mathematical quality of order, accuracy, consecutiveness and comprehensiveness. It is the foundation of our System of Mature Medicine. It enables us to analyze our cases according to the possibilities of causes, by applying static and dynamic tests, mental and physiological; and we have it down to such fine points that we are able to tell not only the ages of skeptics and others, but we actually measure their dispositions and temperaments. By disposition we mean attitude toward others; by temperament, the relation between the mental and physiological, consciously and subconsciously, in any case. We not only find the relative conditions physiologically, with reference to high, safety, danger and low lines, establish by figures, the treatments necessary, the possibilities and probabilities of recovering normal health and the cost to patients in time and fidelity to instructions as well as in the coin of the realm for our services. Now there are those in power who have the impudence to tell the public it has no rights in the

matter of selecting its own doctors, and there are actually alleged "laws" in some states, which, if enforced, as they cannot be, would imprison every sort of doctor save the old-fogy drug-habit chaps. There are courts who live in terror of political murder, threatened openly by Medical Trust doctors, and they render ridiculous decisions, in support of contentions of "health" officials. But persecution only advertises the persecuted. Natural laws work in spite of the machinations of the wicked. The public should remember that there are statutes covering misconduct in public office, and it should put the screws to the fanatics, giving them a taste of their own "statutory medicine." We insist that every sane person is competent to choose his or her own doctor, or lawyer, or grocer—and has an inalienable right to do it. We think most people are foolish to resort to "Christian" science, "chiropractic," "naturapathy," or drugs, patent or otherwise; but we do not question their rights in the matter. We are not so cowardly as to fear the competition of those practitioners whom we regard as inferiors, and we do not desire that they shall be legislated out of business. If it were possible to incorporate in this book sufficient information to put all doctors out of business, including ourselves, of course, it would be the happiest task we could imagine. There are a lot pleasanter things to do than listening to tales of woe. The attitude of the Medical Trust toward "irregulars" is not a marker to its designs on the public. It was the written promise of a Boston doctor to the profession that if they would help put the patent medicine men out of business it would divert \$165,000,000 annually to the pockets of the physicians. That is a form of bribery not amenable to the statutes. But it didn't work very well. The "patent" people advertise; hence the Advertising Agents Trust, which controls the Newspaper Trust, which steers the Political Trusts at the behest of the Bosses Trust, which owns the big Advertising Patronage of the country, man-

aged to side-track the Simmons-Billings-McCormack-B e v a n-R u s h-Northwestern-Johns-Hopkins-Harvard Yale-Columbia-University-of-Pennsylvania gang. They are all small fry anyhow.

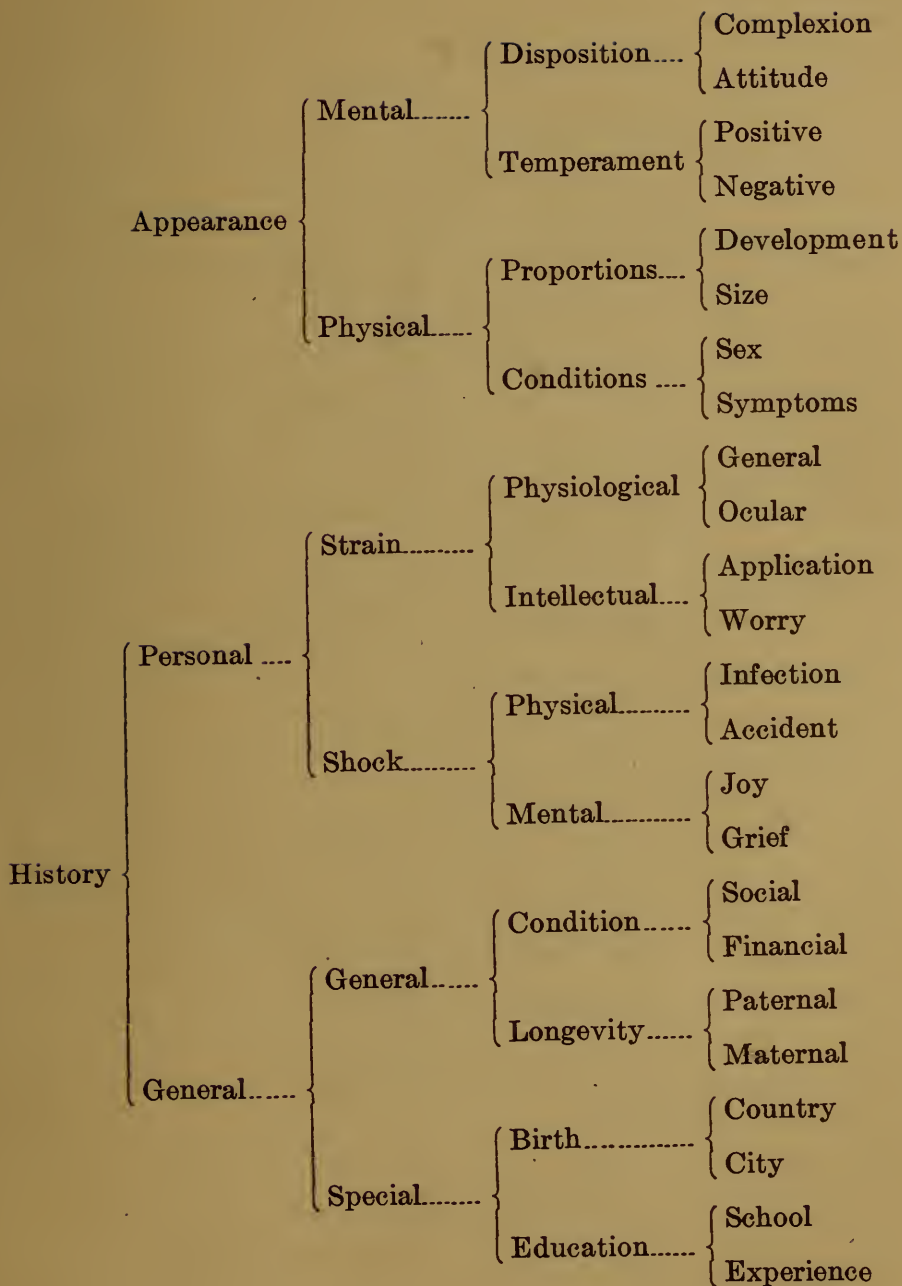
Of course it will be said that I have an ax to grind; that I seek to profit by the downfall of the Trusts and the Bosses. This is a mistake, because I rather enjoy making the heathen rage, and I am amply able to take care of myself in any sort of a melee. I have always fought the people's fight; I have never asked the people for anything and I never will. So far as I am concerned, personally, or corporatively, damn the public. I do not accept as students more than one-half of the number who apply, because they are cheap fakers who approach me assuming I am as crooked as they are. Occasionally one gets past me and into the school-rooms; but when I discover them, they get busy or they get out. I have no god to forgive me in job lots Sundays for misdeeds during the week; therefore I endeavor to follow Polonius' advice and have my own self-respect; I thus set an example to my pupils which has never failed to work for good.

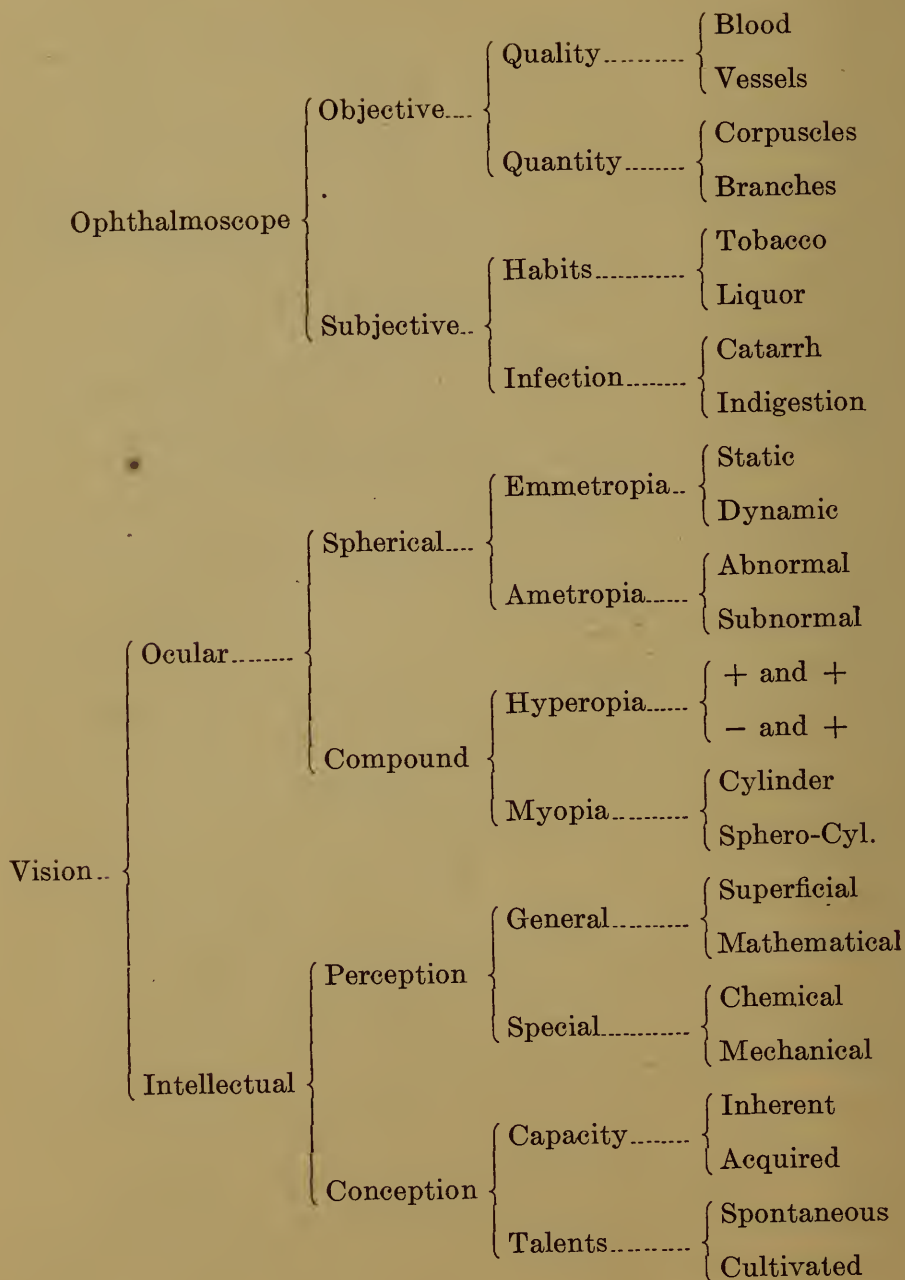
In our school we teach mathematics, true medicine, business, religion, political economy, everything that pertains to the human race which we have found has to be dealt with in one form or another among patients. We have no fads, unless it be our abhorrence of them. We prove to our students the necessity for variety of opinion, by the variety of elements in the world and in the human body. We demand that when they go out to practice they know enough to do for their patients what Natural law says; not what I or my assistants say. We make no pretense of "authority." We have no desire to be leaders of men—it is a thankless job at best. We want to help people to be independent of leadership. We leave all of that business to individuals of the calibre of Governor Lowden, of Illinois and Governor Harding, of Iowa, except that we do our

share to make their plans a failure, because we can think of no greater calamity than Socialism, and that is just what such characters as Lowden and Harding, under the management of the Big Bosses are heading the country into. Don't blame the Bolsheviki Socialists, like Debs; they are only the effects of great causes. Lowden, Harding, and their ilk are mere tools with which the Powers work. The Pullman Company, the Telegraph and Telephone Companies, the Railway Companies, the Gas and Electric Companies, the Street-franchise Companies, the Newspaper Companies, (which are consolidating in every little town, on the orders of the Powers), all need such fellows—and you suckers vote for them, because you have wool over your eyes. You read tommy-rot in the papers, and believe it. You read the "food" ads in the magazines and pay \$4 a bushel for stuff put up in fancy packages and given a name like "U-need-me," when you could buy it in the rough for half the money, you eat it because you think it puts you in the fashionable class, and you expire after an operation for "appendicitis." You have the "movie" fad—and one C. Chaplin gets your money and time while your brain shrivels to the proportions of a mustard seed from mental malnutrition. It is not remarkable that you are religious and political tools, would-be grafters, but not smart enough to more than wish. Go to it and welcome. But some day you'll admit this paragraph hit you right where you live, and you lacked the gumption to see it and wake up.

It is the duty of every man, woman and child to learn to think, to analyze propositions theoretical and conditions practical. In order to help them we herewith append specimens of our methods of procedure with patients:

Sex, height, weight, proportions, physiognomy, disposition, temperament, and physiological conditions are indicated, objectively and -subjectively, and we go into details systematically, thus:





Then we make tests, dynamic and static, of the nerve supply, for comparison with what we know to be normal physiological demands in every department of the entire body; and when we have finished gathering data we figure the matter out just as we would any other physical problem, and prove the result by a series of checking tests, so that finally we know whether we are warranted in taking the case at all, and how much Nature requires of us and the patient to get desired effects.

There is nothing mysterious about any portion of the work; no "diagnosis" (guess-work), no experimentation. We have named the series of tables and data by which we work, the "Neurometer" (nerve measure), and we have added to our already abundant evidence of the mental laziness of professional brethren, as well as of the public generally, a legion of requests for "prices on the machine." It appears nearly all are willing to do anything, except work hard, to get through life easy. This is the reason organizations of professional and alleged "scientific" men and women are constantly beseeching legislative enactments which will grant them licenses without examinations or with perfunctory ones and protect them from future competition by giving them control of examining boards, composed of unscrupulous persons who will resort to foul means to attain their objects. Medical practice acts, dental, pharmacal, optical, barbers, blacksmiths and all other such acts are vilest class legislation and outrages on the public. The beneficiaries of these "laws" say that my opposition comes from fear graduates from my school will not be able to pass such examinations. My reply has always been a challenge to any and all members of state boards to choose ten or a hundred of their members to compete with a like number of our graduates in an examination for which I will furnish 100 questions, the other side to furnish the same number, and if our representatives do not make better grades on the entire two hundred questions we will forfeit

our charter, and they have never dared accept the proposition. Our school would continue to run and have plenty of students among those who already have licenses to practice but become conscious of the fact that our graduates accomplish feats impossible for them, with their limited, dogmatic training. We have never fought a minute for our school; always for the principles of right and justice to the public and we shall continue to do so as long as we live. In our paper, "Mature Medicine," published quarterly, we name the crooks and publish particulars of their acts. That is why they lie about us. None of them have ever dared tackle us with a libel suit. We have stirred them up from Maine to rotten California. They have tried to have the paper suppressed. They have even attempted to murder the editor; but he still lives and the paper is issued with unerring regularity. We send it to any address for 25 cents a year. We accept no advertising and we pay the printers promptly, so none can charge us with conducting it for profit. We send out thousands of free copies each issue, solely with the hope that we can arouse public sentiment so that it will prepare for the chaos which is coming as sure as disability personally will come if symptoms are not attended with prompt action.

I wonder how many readers of this book ever heard of a "thesaurus." It means a treasury of words and phrases. No student can afford to be without one. A good dictionary, an encyclopedia of general information and an inquiring mentality are also essential to knowledge. Erudition is not sufficient; study must be supplemented by practical work to prove the truths and detect the plausible.

Instead of starting children on Sunday school lies, Santa Claus humbuggery, Mother Goose tales and other nonsense, teach them to read, write, spell, then introduce them to arithmetic, with its principles of order, accuracy, detail, and show them how to apply those principles to examine and analyze what they read. Don't lie to them or

they will learn to lie to you. Do not deceive yourselves with the idea that children do not think. Many of the brightest ideas I ever gathered were from children whose mentalities were not yet clouded by artful falsehoods which fill with fear and inculcate deceit. In my school work I have had rare opportunities to study the effects of a lack of early training in consideration for others, the amenities, the fundamentals and the simplest details of mathematics, with the natural result they are inclined to guess at matters susceptible of categorical answers; they come to us with requests for "credits" because of what they think they know, when, as a rule, they find they have to unlearn a lot before they can grasp the concrete information we give them. We have had college professors, superintendents of schools, principals of high schools, physicians, clergymen of nearly all denominations, common school teachers, university boys, high school graduates, grammar school pupils, and some who had served long in the school of experience. After more than twenty-five years' experience we still accept any white man or woman of mature years, good character, a good common school education or its equivalent, honesty of purpose and willingness to work hard for the duration of the specified term. No others need apply. We work with our students, in the class-rooms, six hours daily, four days of each week and give them tasks the other two days to help them digest and assimilate what we have given them on the subject under attention. We stick to one branch of study until its principles are comprehended; then we couple it with the next in order and proceed. We have designated it the consecutive, continuous method of instruction, and it has finally attracted the attention of the orthodox schools, where it has been proposed for adoption by some of the Bosses who have read the handwriting on the wall which foretells their downfall if they persist in dogmatism. But, there is one feature of it that has been overlooked entirely

by them, viz.: They haven't teachers who are competent to go into the class-rooms, without notes, and talk on a single subject six hours daily, for days at a time; hence it will be some years before they get under way on that schedule. They are under-weights, metaphysically.

Some people have theories without practice; others have practice without any theoretical knowledge of their work. Both are necessarily weak—neither is able to anticipate a possibility and have a solution ready for action; therefore the majority are failures when judged by the duality standard, which is the only Natural one. The game of chess is the best of all to teach children and grown people. It is an exhibit of Natural tactics; the unvalue of cheating is illustrated practically; the player who loses really wins the game, because he learns how his opponent hit him and how to avoid it in future; it requires, and therefore cultivates, prescience, which is to science what physics is to metaphysics.

In affairs generally, political and business, we have to meet almost daily problems of vital importance, not only to individuals but to the public collectively. It is one of the dangerous weaknesses of our form of government that our "statesmen" are mushroom productions, made in a few hours, at the polls, by a herd filled with prejudice, or dogmatic faith in parties and platforms, which are mere vehicles on which the designing ones ride into power, after which they tell the voter to go to hell—and the voter sneaks away, like the poltroon he is, until his master calls him again. Assistant state's attorney, M. E. Barnhart, of Cook County, Illinois, recently said to me: "You don't think you can impeach the Governor of Illinois for signing a bill, do you?" In reply I called his attention to the fact that the governor took oath to support the Constitution of the state and of the United States to the best of his ability, and I agreed that he might escape on the plea of deficient ability; I also mentioned

the statutes, Chapter 38, sections 208, 208c and 208d of the Criminal code, which provide who may file complaint, how it shall be done and what the states attorney's duty in the matter is, when such complaints are filed. Mr. Barnhart was evidently under the impression that the ordinary citizen has no rights the governor or states attorney is bound to respect. He has his job and fealty to his gang is of more importance than any oath he may have taken. The governor was guilty of misconduct in office when he signed a bill providing for something the Supreme Court of the state decided, two years ago, was unconstitutional. The members of the legislature who voted for the bill violated their oaths of office, and their presiding officers, who signed them also violated their oaths. Of course it is unlikely that they will be fined the \$10,000 each, provided by law, or that they will be ousted from office, as is also provided by law; but that is because of the power in the hands of those who love it more than they do money.

In the matter of money the single-gold standard is artificial, unnatural and is the chief cause behind the high cost of living. Even the gold-bug press confesses it when printing statements that the servant girl who had saved \$100 several years ago and put it on interest so that today she has \$200 is no wealthier than she was when she planted it. Nature does everything on the double standard basis. One is constant and the other is an inconstant. With a double standard of money, say gold for a standard of exchange between nations, and silver or its equivalent in paper, as the standard of home business, with gold and silver coin as legal tender for all debts, public and private, there could be no panics, no high cost of living, no consolidation and enormous Power to banks and bankers, no combinations of capital in the form of law-defying Trusts, no labor or professional unions to sap the life-blood of the nation. Of course this means that in fixing a money

standard, other, subsidiary regulations would be adopted; that follows as a corollary. The home standard would change its value compared with the international one according to conditions; that would be necessary to keep business in balance. Mr. Bryan's insane notion of a constant sixteen-to-one ratio was typical of the fanatical class he represented, and that weakness was the only thing—except Republican “tactics”—that beat him in 1896. It is too big a subject to undertake to discuss at length here; all I seek is the awakening of the public to dangers of the future from the domination of the Powers that control now—the Czar of Russia went down and so will they. Let us avoid the certain bloody crisis by organized, well-balanced effort. Form a new political party and choose for its executive committee men of ability and integrity of an absolutely unimpeachable variety—if they can be found. Remember Diogenes' job, 2,000 years ago. By the way, there was one who learned from children; after making all sorts of sacrifices he could think of he saw a boy drinking from his hand at a well; he exclaimed: “that boy gives me an idea of something I can do without,” and he threw away a pitcher he carried. We can certainly do without a lot of political scull-duggers and hangers-on who only work at election time.

It is apropos to mention the fact that the Hun element in office is a nuisance and a very dangerous one. They have it in their power to alter or destroy valuable records, and there can be no doubt many of them will do so as a part of the German scheme of revenge. The best time to lock the barn is before, not after the horse is stolen. The complacent damned fool “patriot” will declare I am a pessimist. Not for a minute. I am an optimist; as sure that Nature will come out on top in the final show-down as I am that I exist. I have lived for more than twenty-eight years within a thousand feet of Lake Michigan. I have seen storms that tossed steamer after steamer on

shore, wrecked beyond hope of repair; I have seen the bodies of passengers and crew, pallid in death, after the waves subsided and the surface was as calm as a mill-pond; so I am sure Nature rules supreme; but I am equally sure there will be some wrecked business boats and many lives sacrificed to that juggernaut, Power. I am playing chess; I call "check," it is your move.

"I honor the man who is willing to sink
"Half his present repute for the freedom to think;
"And, having thought, be his cause strong or weak,
"Will sink t'other half for the freedom to speak.
"Caring naught for what vengeance the mob has in
store,
"Be that mob the upper ten thousand, or lower."
—Lowell.

CHAPTER VIII.

Appearances, Actions and Idiosyncrasies

Phrenology, physiognomy, and similar subjects, have been made butts of ridicule and the hobbies of specialists who overestimated their importance. But, after all, they are "straws" which indicate trends. They certainly exemplify the ancient axiom, that "where there's smoke there must be fire."

None are surer than children and animals in sizing up character from appearance and conduct. One of the greatest mistakes of parents is the assumption that children are incapable of grasping mentally the bigger affairs of life; that there is information which should be withheld from them until they are almost of voting age.

In teaching and practicing a profession which has to do with human ills, it is absolutely necessary that we study all phases, mental and physiological, chemical and mechanical, theoretically and practically. It not only qualifies for best work, but it saves time and temper.

The president of a great university, in Chicago, has been quoted as saying there are thirteen physiognomical exhibits which are bad; that he is faulty in ten of them, and woe to the person who shows them all. I have never met him personally but I have seen him and want to make it a matter of record that he must be an adept in concealing them from ordinary mortals, for I formed a most agreeable opinion of his general personality objectively and found an abundance of corroborative evidence in studying him subjectively by his acts and utterances. I have had an experience with the head of another great institution, a relative, who is known as "the Chancellor." He was

about to undertake the arduous and dubious task of compiling the family genealogy and desired some information from me. Instead of addressing me personally, he did it through his secretary, who wrote: "The Chancellor" this and "the Chancellor" that until it nauseated me. If I had such a secretary I'd give him a dog-button. I held my temper and replied politely and supplied such information as had been wished on me by ill advised members of our tribe, for which I received "the Chancellor's" thanks through the aforesaid secretary in the same gushful language. I could not avoid being impressed with the idea that "the Chancellor" estimates his personality at a higher value than he does the institution of which he is the head, and that the Chicago University president reverses the order. I hope, most sincerely, that some day I may find it merely a hero-worshiping secretary; the evident "atmosphere" in which that secretary lives persists in raising doubts.

In studying the dualities of individuals I have found that we all have not only the mental and physiological, but that our mentalities are dual. I applied tests to myself and others and was puzzled until, once upon a time, my colleague, Dr. Black, took a front view photograph of me, printed it obversely and reversely, then, cutting it vertically through the middle of the nose, and pasting the right half of one with the left of the other, pictured me as if both sides of my face were alike. Comparing them with the original print, I appeared as three persons. Of the composite ones, one appeared as an individual who might buy a gold brick, or if compelled to walk a mile with another would "go with him twain;" while the other face indicated a cool, calculating villian a dog would growl at. My puzzle was solved. I know now why some people impose on me for a long time and I know why they run against a snag at last. I have been called a "god" and a "devil" by people whom I regarded as rather unbalanced;

now I know they were probably right—it all depends on which half of my mental duality is dominating. From my own case I have been able to discover that all are endowed, or afflicted with this dual mentality, and that physiogomies are pretty true indexes of their respective domination.

Some one has remarked that to say a woman is pretty is a compliment; but to say man is the same, is an insult. That is custom. Nature says the average artificial standard of beauty, in male or female is such facial symmetry that all marks of character are absent. I have rarely seen a so-called "beauty," of either sex, who was not absolutely insipid, self-conscious and tiresome. Many years ago, when still a subject of custom, I attended a public meeting in Richmond, Indiana, where the wife of one of the professors of Earlham college had occasion to speak. When she arose it flashed over me that she was the homliest woman I had ever seen; but she hadn't talked five minutes until her whole aspect changed. I knew her well afterward and she grew in my estimation until she was one of the most beautiful women I have ever known—no, it was not a case of personal affection; she was older than my mother; it was the character reflected in her face. Then I recalled the first fist-fight I ever had as a child: A boy remarked in my hearing that my chum's sister was an ugly girl. She had always been so good to me, and her brother, that we regarded her as absolutely beautiful. I hit him and we had a rough-and-tumble, out of which we both came somewhat the worse for wear. I went home with a black eye. When my angel met me she was horrified and attended me promptly; during the operation she insisted on knowing what the row was about. When I told her she laughed and said: "Why, dear, I am homely." I took a look and for the first time I made a comparison of faces according to popular standards; but I was still loyal and declared: "You are beautiful to me, anyhow,

and I'll lick anyone who says you're not"—then she cried, woman-like.

In estimating physical values, the general proportions are important. One may be large or small, but if well-proportioned the appearance is agreeable—unless there are physiognomical marks which give other impressions.

The general shape of the head is significant: It must not be too round, nor too long and narrow; the forehead must be well-set; if it is decidedly vertical and low it may mean a mathematical or musical person, talented but unscrupulous. Much depends upon its combination with other symptoms. If the forehead is high and slopes backward to almost a point high on the back of the head, it indicates an insufferable egotist and a weak mentality; it is unpleasant to look at because it is so out of proportions; in connection with it is usually found a small lower back head, indicating weakness physically. The head that is smaller above the top of the ears than below that line is deficient intellectually, tending to exhibit more of the animal than the intellectual nature. The head that is big all over, with square outlines, somewhat concealed by fat, is dominated by a mentality which caters more to pleasures than to work, is usually found on office-holders and politicians—they are often men of considerable ability, but, as a rule absolutely selfish and unscrupulous in obtaining what they want. They are large and rather vain about it; but are of the calibre, mentally that they would accomplish by might that which would not be countenanced as right.

One of the most conspicuous marks of degeneration is exhibited in the forms of ears. Note the well-balanced ears of many old people, a well rounded top and rim, with a well-defined lobe; then examine the younger ones, particularly the rising generation, over-fed, not only physically, on the sweets, starches and fats constituting the orthodox diet, but also mentally, on "movies," "jazz bands,"

“topical” songs, “society” rot, etc., and you will find ears without lobes and otherwise misshapen. Study the mentalities of the old and the young at close range and you will find the young as badly warped as are their ears. Ego in the young will cause them to resent this, or their ignorance and carelessness will prevent their taking heed of their conditions and endeavoring to offset this bad mark by overcoming the faults indicated. The object of these paragraphs is to help readers to see themselves “as others see them,” so they may, if they will, proceed to make alterations in their mentalities, which will, eventually, change their physiognomies. It is not meant that they will grow lobes on their ears; but there will be changes which will modify the effects of the appearance of those organs. I had a pupil once whose ears stood straight out from the head and in analyzing him, by request, I pointed to that exhibit as one indicating he was an easy mark; that he agreed with everybody, merely to be agreeable and thus became insipid. I told him he could overcome the weakness by mental application. He heard me through, thanked me, then went to a dermatologist and had his ears set back by operation! That struck him as the easier way—but he is still a “sucker.” A good fellow, but a light-weight, mentally, and always will be. He had other indications, which emphasized the ear markings; but they were of such a nature they could not be operated.

A retreating chin, is a bad mark, intellectually; yet I have known people with this symptom, who were so well-marked and developed, in other respects, that they were able to pass as perfectly well-balanced, by wearing chin whiskers. Some early observer named the point of the chin the “mental process” and I hold him in great respect for doing it. When a chin is too long vertically or the mental process protrudes too far it indicates bulldog propensities. When it is too short vertically and the mental process is not well-marked, the

reverse is true—unless there are other, offsetting exhibits.

What has been called a “dish-face,” because of its roundness, with a flat nose and wide pupillary distance, has so many weak points that it is unpleasant to look at and is often intensified, in women, by wearing a hat with the rim turned squarely up in front; but many of them are intelligent and have qualities which make us forget their homeliness. They never have any taste, in the matter of dress, worth mentioning favorably; many of them are inclined to be opinionated without any reason for the assumption, but quite a lot are well-informed and if stirred up by calling apparent bluffs, we may learn much from them.

The narrow, hatchet-face, is as narrow mentally; is jealous, full of pretense, stubborn, mostly wrong in controversies, hunts trouble continuously and often finds it; is most content when worrying others.

Square jaws indicate a conceit which is wearisome. They observe the mark in their mirrors, and being often well developed otherwise, conclude they are handsome and those jaws indicate firmness, which is sometimes true, physically. They are great posers for photographers and are flattered by the results. They are absolutely inconsiderate of others and even make special efforts to cause inconvenience. They often boast that they do not allow business to interfere with pleasure—and are usually “broke” financially.

High cheek-bones mean weak constitutions, physically, unless offset by other marks.

A large nose with a slightly arched bridge, is a fine mark; it means good-nature, good sense, consideration for others, but not too self-sacrificing. Too much of an arch means the owner will take advantage of you if he can gain anything by it. When there is a dimple where the nose-bridge should be it indicates a “smart-Aleck,” a careless and heedless person, one from whom we require

written and well-secured contracts when we do business.

Deep set eyes, indicate hyperopia, (under-developed eyes), hence nerve strain and consequent peevishness. Prominent eyes are usually associated with very agreeable people. They may be hyperopic, however, and the nerve strain, causing indigestion and other disorders, may upset their natural agreeability. Symptoms, if understood and attended, constitute steps to health and happiness.

Puffs and dark crescents under the eyes indicate defective eyes, and poor blood circulation from deficient nerve supply. In women a contributing cause is disorder peculiar to their sex.

A mouth that droops at the ends indicates a "grouch."

One that turns up at the ends is the reverse.

A cupid's-bow mouth may be pretty but it is usually exhibited on the faces of those who are "pretty," vain and insipid.

Straight mouths, which remain straight under all circumstances, whether laughing or not, and formed of thin lips, indicate ill-nature, jealousy, gossip of the slanderous sort, and a general grudge at mankind.

Thick, bulging lips are bad, particularly if the lower one rolls out and down. The owners are menaces to the peace of the family, although they often put up a "good front" with strangers. It doesn't pay to become intimate with them.

Eyes too close together mean lack of stamina, impetuosity, poor judgment, but often much ability in special lines. The owners are easily influenced, hence if they fall into the right company they may develop well.

Eyes that twinkle affectedly as they look at you have vanity and duplicity behind them, which they are conscious of and foolishly imagine they conceal it in that manner.

Black eyes are in dangerous heads. They are the windows of jealous brains and guide a hand that carries

a dagger. They are particularly dangerous if accompanied by a short upper lip. They indicate a highly emotional person who is always self-centered.

Brown eyes are, usually, indications of amiability. They are found in people who are inclined to boasting to the extent of exaggeration. They are possessed by people of many good qualities, but lax in keeping engagements, social and business, much to the annoyance of those who have to do with them. The possessors who look straight at you, when talking, are trustworthy. They are not very energetic, are content with what they have and are real "homy" people, if of average size or larger.

Blue eyes are in honest heads as a rule, unless they are too pale, when they are tricky. There are more blue-eyed people than of any other class, hence they require more critical tests than others, particularly a comparison with other points.

Gray eyes are found in steady-going people, reliable, but rarely stir up much excitement because there is not enough friction in their make-up. They look straight at you and see clear through you. Don't lie to them if you want their friendship. If they do not look straight at you, beware.

Narrow teeth indicate weakness congenitally. Broad teeth indicate the reverse.

A long upper lip indicates obstinacy when the possessor thinks he is right; a lack of it when he is uncertain. Usually honest, but when the opposite he is bad. I have never seen such a person who was of a jealous disposition.

Ears too close to the head mean selfishness in the mean sense.

People who talk too much have little time for thought. They are easily influenced in a manner that breeds contempt for them. Those who cannot talk without laughing almost constantly are insincere and vain. Women gigglers are fools.

"Crow's feet" at the outer corners of the eyes, indicate eye strain.

Vertical wrinkles between the eyes mean the same thing.

A high point on the top head, on a line with the ears, means veneration for things of the superstitious class.

Heavy jowls and a thick neck exhibit in those more interested in the physical than the intellectual. They may have good educations and be capable of thought, but, as a rule, they are intellectually lazy.

Those who boast of expertness, usually lack it.

Those who profess great gentility rarely exhibit the fine qualities which we naturally expect from them.

Idiosyncrasies are sometimes irritating, occasionally amusing, often pitiful and never interesting save to students of the peculiarities. They are exhibited by devotees of fashion, who are governed by custom, or who seek prominence by cheap false pretenses.

Nearly all men part their hair on the left side, as a matter of convenience, because the vast majority are right-handed. It follows that those who do otherwise have some other reason. Those who split it in the middle evidently needed it to keep their brains in balance, because they nearly always exhibit rather small mental calibre. Those who do not part it at all, but comb it carefully back over their tops, generally have physiognomies and mentalities to match; they appear conscious of a difference between themselves and others, but never to their disadvantage.

Mothers of light mentalities name their children fantastically in the belief that a "grand" name will develop a great man. Such lads usually grow up in the atmosphere peculiarly suggested by the naming, and improve on it by "distinguished" arrangement, such as "G. Washington Brown," "A. Hamilton Smith," "H. Clay Jones," "J. W. Wilson Pennypacker." Then the notion of family nobility is perpetuated by "Elbert Hubbard II." "Marshall Field III," etc., all of which is harmless, but signifies

an impression that individuals are greater than things or causes. With the general public it is a decided handicap. It has been my misfortune, to have never met a man who did the "J. Pierpont" act who was well balanced and on the square in his dealings with fellow mortals. I have known some who tried it as a fad for a time, but recovered under pressure of ridicule or by reason of their own horse sense.

Few people boast of having an insane member of the family; but nearly all like to discuss their own and others' physiological ills. It is very common among patients of doctors to exhibit great pride in the fact that their cases are puzzles; indeed, if a physician wants to flatter the average patient he can easily do so by telling him or her that the case is the most complex he ever saw. When one of those cases comes to me I listen to the recital of their tales and what others have said about their conditions, then I suggest that there is one point of importance which appears to have been overlooked by all, namely: The mental derangement which always accompanies physiological disorders. Then they become highly indignant, which proves the accuracy of my statement. Many insist that their physiological deficiencies have automatically made their mentalities keener. In one sense this may be true, but they are unbalanced just the same. Some have argued: "Do you admit that when you are out of normal condition systematically your mentality is affected?" to which I reply: "Law is law; it works on us all alike. The fact that I recognize the truth, helps me take care of myself, just as it aids me in setting you right, provided you follow instructions." When I am making copy and feel mentally sluggish I know I am not up to normal physiologically. When I grind out work while feeling disordered physiologically I know it is not up to my normal mental capacity. This will explain some of the variations in the effects on my readers. I have written articles for my

paper which hit tender spots in readers who wrote me: "If you could realize what a lot of 'rot' you write you wouldn't print it." I reply: "If you could see the 'rot' I write and do not print you would be thankful." It doesn't all get by me when I have time to look it over. But that isn't the question. I do not write to pick at people. I am presenting conditions as I have found them. Read and heed or ignore, just as you like. I bear no malice toward any. I play no favorites in presenting propositions. If my own experiences will help others I do not spare myself in giving them. The cause is greater than the individual.

Character, like ill health, is a product of many possible combinations of causes; hence it would be manifestly unfair to attempt to judge people by a few symptoms. It has been my pleasure to discover that faults obtrude themselves upon us and we must search for the good points in each case; I have found more good than bad in every person I have ever known, by applying the credit and debit system of ordinary bookkeeping. Let others apply the same tactics and they will be happier. This is commended especially to readers who are fanatically ambitious to be their brothers keepers; the "moralists," who are so lewd they see it reflected in others.

CHAPTER IX.

The Menace of Old-School Medicine.

The menace of old-school medicine is not limited to its uncertainty and the Russian tactics of its political bosses, through the mediums of alleged "laws." Thousands of practitioners have learned that it is largely guess-work, and their lists of usable drugs are limited to the less harmful ones; they are not at all in sympathy with the persecution of drugless competitors; but they are an apathetic lot, many of them indigent, and the few who are earning as much as \$2,500 a year are afraid to leave their practices to take up the study of more certain methods, because they cannot trust their colleagues with their patients. Many have told me so.

The practice by artificial standards is, necessarily, almost wholly experimental. Happily for them, the public has been hypnotized by religious influences, until it has more faith in the doctor than in itself—when it is sick—hence, there are always some for them to collect fees from. But the advent of the "cults," who brazenly announce "cures" by methods ranging from "Christian science adjusting lateral displacements of the lumbar vertebrae," and the "licensing" of many of them by reason of slips in Medical Trust "laws," has put a crimp in orthodox practice, so that many have resorted to "prescribing" narcotic drugs for those who have the habit; also for those who are in pain, until they have produced an alarming lot of "dope fiends," according to a report by a committee, composed of Congressman Henry T. Rainey, of Illinois, Prof. Reed S. Hunt, of Harvard University, Deputy Commissioner B. C. Keith, of the Internal Revenue Bureau, and Dr. A. G. Dumez, of the United States Public Health Service, which committee

found that the number of addicts "exceeds 1,000,000 at the present time."

But, instead of placing the blame for the condition of affairs where it belongs, and advocating statutes absolutely forbidding the employment of such drugs in practice, it is urged that special legislation be enforced and more enacted. What is the use of more, if they are unable to enforce what they have? It is all bunk. They are afraid their family doctors will poison them if they attack their hobby of deadly drugs in lethal doses.

The "health" officer of New York reports a total of 103,000 addicts in that city, and on that basis the committee figures there are 1,908,000 in the country. It is a safe bet they do not know half of them. It has been reported in orthodox medical journals that there are over 33,000 doctors, out of a total of 150,000, who are habitual users of opium, cocaine and other habit-forming drugs. I have information that one of the professors in the University of Pennsylvania, some years ago, who did not believe the "habit-forming" story, put it to the test and died from the experiment. But they continue to teach and use the dope in their school and in the field.

It is figured, grotesquely, that national prohibition will increase the number of drug addicts. State prohibition never prohibited and national nonsense will not do it, either. As long as there are corn, wheat, rye, barley, etc., there will be liquor. A lot of fanatics are in the saddle, and there is going to be chaos.

Many years ago, while editing a daily paper in Indiana, I proposed a solution of the liquor question which alarmed the "temperance" fanatics and the saloon men so much that they united in denouncing me, for different reasons, of course the liquor men because it would put them out of business, with no chance to demand reparation, in a few days; the fanatics, because it would also put them out of

business by obliterating the subject of controversy. My plan was simple:

Let Congress pass an act removing all taxes, of every description, from the stuff. Let no state, county, or municipality impose a license for selling. Then every grocer could keep it in stock and it would be as cheap as cider, not over forty cents a gallon. Then, if any person used it to excess, and became disorderly in the family or community, or in any manner neglected his duties to his family or the state on account of liquor, he should be arrested and given a suspended sentence for the first offense. For a second offense, be he or she rich or poor, the first sentence should be executed with an addition of six months in a workhouse, during which period no "luxuries" should be permitted and no favoritism of any sort practiced.

There would be very few second doses if the offenders knew the result would surely follow. But the hypocritical fanatics, who make money out of the "temperance" campaigns, argued that "everybody would be in the gutters the first week." I suppose they feared the temptation to themselves. The liquor men denounced the proposition because they said it would wipe out their business in a jiffy, for, "who would pay ten or fifteen cents for a drink when he could get a quart for a dime?"

The allopathic, or "regular," school of practice representatives number about 125,000; the homeopaths, about 20,000; the eclectics, about 4,000; and the physio-medicalists, about 1,000, in the United States. Of these, the first-named are the great offenders in the employment of "habit-forming" drugs; next in order are the homeos, but they use such attenuated forms it is doubtful if they have done much harm; next are the eclectics, who use very little poisons of any sort, and the physio-meds, who do not use them at all. Other offenders are the "patent" medicine and "proprietary" fellows. The first named are those who advertise to the public, and the second are the smarter ones

who stand in with the allopaths by "advertising to the profession" only. Thus the medical journals are fine commercial enterprises. See the Journal of the American Medical Association, the Ohio State Medical Society Journal, and others scattered all over the country.

I charge all of the "reformers" and "investigators" with deliberate insincerity. The way to get rid of a nuisance is to tackle its roots, and the suggestion I have repeated is the only Natural solution of the alleged problem. I charge the press of the country with infidelity to the public and with deliberate, malicious cruelty, in carrying "patent" medicine advertisements, and, what is worse, with printing the alleged "health" articles they do as special features, holding out that their contributors are "authorities," when they are the cheapest sort of political healers or are ignorant tools of the Medical Trust scheme to mislead the people so they will live in a manner which will surely make business for the allopaths. Ask any allopath you know what he thinks of the author of this book. He will tell you I am an ignoramus and a faker. It makes no difference whether he ever heard of me or not—I expose his class, hence he must discredit me if possible. Tell him he dare not come and tell me I am a faker. I confess I do not know it all. I know enough to make them squirm and I am not afraid to tell it. I have no "Christian" affiliations by which I can get absolution Saturday nights for my week's sins, so I try to be on the square all of the time. I know something of the libel laws and I know the rights of a free press and of free speech. I hold myself in readiness to prove what I write or say.

There is a scheme on foot right now, which, if successful, will put the public health in jeopardy to a greater extent than anything ever dreamed of. It is to have a Medical Trust cabinet officer, with a department of government to be used to persecute progressive doctors who repudiate drug medication, hence are dangerous competitors of the

Trust; but worse of all, its promoters are unscrupulous fanatics who will inflict **compulsory vaccination and serum "therapy"** (experiments all) upon every man, woman and child in this country. It is claimed that "inoculation" prevented typhoid fever in the army, when anyone who thinks knows it was the good sanitary conditions that prevented it. They are unable to account for the deadly effects of the "flu," but it is easily apparent to all who think, and figure, that it was the "inoculation" effects. In England, where they keep honest statistics, vaccination is voluntary, and they are so conservative in the matter of experimentation on the public that **none of it is permitted**. I have never been an enthusiast over biographies or autobiographies, but in this instance a bit of chronological biography appears necessary in order that the readers may be better able to understand how I came to be able to do some of the things I have done and how I have become able to judge people and things on symptoms as well as acts:

Born in Allegheny, Penna., in 1858 of parents who were both school teachers, and the second child of a mother who had from childhood been afflicted with almost constant headaches, which I many years later learned were from eye strain and chronic indigestion partly due to the same cause but largely due to wrong living. As a consequence of her condition following my birth I was taken by her sister to Ohio at the age of four months where she lived with her husband, James E. Nelson, on her father's farm, he having retired and moved into town. I was never adopted by this uncle and aunt but lived with them until he died, when I was a little over fifteen years old. He always told people in a pleasant way that I was his "borrowed" boy and I was taught to call them uncle and aunt, but no parents ever had greater attachment than I gave them as long as they lived. He died on the 25th anniversary of their marriage and she died on the 50th anniversary.

They never had other children than myself, and instead of spoiling me I was made a companion from the time I could talk; all family affairs were discussed in my presence and I was taught to keep our affairs to myself as the best policy.

When I was about one year old medical "science" having discovered vaccination, as described in a later chapter, inoculated me with what was called scrofula or King's evil, which exhibited tubercular swellings followed by eruptions and scabs until I was anything but an agreeable sight; but these good people stuck to me and spent a lot of money on the doctors with very little returns until I got big enough to develop notions of my own about what I should eat. I had been forbidden salt and fruits and fed sweets and starches until they nauseated me and I was a nervous wreck. In the meantime we had moved into town and my uncle was in the grocery business midway between our home and the school I attended, so I had abundant opportunity to indulge stealthily and began to improve at once. My parents had moved to our town so that I knew them but had no desire to change my place of living, and indeed the matter never came up until I was past nine years of age, when uncle found a location in Missouri and wrote for my aunt to join him and to keep me with her if the parents consented. This was my first fright but it disappeared quickly when we easily secured mother's consent for me to go. In Missouri we went back to the farm and for the next three years, even though rather small and youthful, I did all sorts of work, from herding sheep to fighting prairie fires and doing everything else that would keep me in company with my uncle. It was a new country and shortly after the civil war, among people who were Southern sympathizers, with a few other invaders like ourselves. The public school system was instituted and we all got along agreeably, the horseback riding and other work conducing to my health, except that for many years I continued to

have skin eruptions and when I at intervals applied to physicians who were reputed to know things they invariably pronounced the cause gonorrhoea or syphilis, neither of which disorders I have ever had, hence I charge orthodox medical science with being as great a humbug as Christian Science, not only for what it did to me as a child and young man, but for what is to follow in this article and throughout this book. I cannot see how readers can fail to be convinced I know what I am talking about and am right. That uncle of mine was a thoughtful man of good education for his time and was as practical in his advise to me as Shakespeare made Polonius to Laertes, quoted elsewhere. One thing he advised was against gambling and his reason, "it's the other fellow's game."

At the age of fourteen we were again established in town where my uncle who was an expert boot and shoe maker, opened a shop. The first pair of boots I ever wore I made myself; uncle cut them out and I did the rest, of which we were both very proud. I made friends with a doctor who was the head of a drug firm where the Post Office was located, and through having been a volunteer nurse for a mutual friend at a time when adult nurses were impossible and having successfully carried through several delirious nights I was not infrequently taken to the country with the doctor and had experience administering anaesthetics and otherwise acting the part of a mature person without any special consciousness, so I became a part of the drug store and Post Office, where I was sworn in as Assistant Post Master before I was fifteen and made good. I had other experiences than mercantile, one of which was closing the shutters over the front windows of the store on periodical visits from the Younger brothers and other desperadoes who occasionally invaded and shot up the town. I found it safe to go out and do that work where men would have found it somewhat dangerous; it also gave me an opportunity to get acquainted with the desperadoes who rather

regarded me favorably on account of my "nerve" as they called it and we became fairly good friends.

In February, 1874, we held a family council and it was decided at least polite that I go back to Ohio and spend a few months with my parents in the hope that I might have some higher schooling than I had yet received. I was advised to sell a horse my uncle had given me when we came to town and use the money for the trip. I never have since tackled quite as hard a job as it was to stay in the stage by which I had to make the first twenty-one miles of the journey after my uncle told me good-bye when we drove by the shop for that purpose. I could scarcely resist the desire to jump right out and stay there. Then when the news came to me a month later that he had assisted at the burial of a friend on a rainy day and died of pneumonia two days afterward I felt I had made the mistake of my life in leaving him. As soon as my aunt closed up her affairs she came back to Ohio and when I found after eight months of life at my father's home that it was so unnatural I could not stand it, aunt and I went to housekeeping and lived happily many years.

Until I spent the several months at my parents' home in 1874 I had never been involved in anything like suspicion of the theory or practice of religion. There I found United Presbyterian fanatics. We children were not allowed to say "Sunday." It was to be "Sabbath." On that day we were not allowed to read anything but religious literature, in one of which journals, published in Pittsburgh, I found a very interesting and bitter exposure of Free Masonry which I investigated further some years later, taking the degrees Entered Apprentice, Fellowcraft, and Master Mason, which I have remained for thirty-eight years. My mother's health was not such as conduced to happiness in the home, for, while I was not mistreated, I found my sister and younger brother were, and as my mother's sister who had raised me had never said a cross word to

me in my life the comparison disappointed me. Other things combined to help me reach the conclusion that any religion which had for its fundamental proposition the promise of a heaven for those who embraced it and the threat of a hell for those who didn't must be a simple fraud on its face. It didn't fit with my experience in life thus far, so in October I packed my valise and told my mother my sentiments, after which I took my permanent departure. For a time we were not on very good terms but later I occasionally visited them for a day and many years afterwards I had the pleasure of doing for mother what all the medical "science" of her life had failed to do. I removed the causes of her headache and indigestion, making her last years comfortable and much less fanatical. Of course she never quite recovered from my pronounced atheism but she sometimes gave evidence that she had some lurking suspicions I was right in my conclusion.

During the summer I was at my father's house he had a visit from an old time Pittsburgh friend who was an amateur phrenologist, and a very interesting man. He offered to demonstrate some of his propositions by examining my head and those of my brother and sister. After he finished he told father I had a very remarkable head, that if given opportunity to develop it I would become one of the greatest lawyers of the time. This news didn't hurt me any because my Uncle Jim had taught me to never let my head get swelled over anything; he taught me that I had a mind and not only the right but the ever present duty to use it. He and his friend, the county superintendent of schools in Missouri, had discovered and cultivated some mathematical talent so that I have always had to put everything in figures before I can satisfy myself I understand the subject. One of my reasons for disbelief in a future life is that having proved our bodies return automatically to their original elements after death, it naturally follows, in the mental section, that while we have not the physical

demonstration we have reason to believe there is something analogous. So I did not make any effort at the time, or since, to become a great lawyer. In 1876, however, I did have an opportunity to take up the study of law part of the time with Judge William H. West, a man who had been a member of the Supreme Court of Ohio, who had practiced criminal law thirty-five years and never lost a case, who in 1884 was proclaimed "the blind orator of Ohio, who nominated for President, James G. Blaine, at the Chicago convention." Judge West taught me common law and the fundamental principles of law in general. He indulged his habit of quizzing on me in order to stir me to thought and expression, and one day in February, 1877, he informed me during one of our little combats, when I argued that when an attorney is admitted to the bar he becomes a member of the court and owes duties to society at large which are paramount to anything he owes a criminal client, that I was too fanatically honest to ever make a successful trial lawyer. Right across the hall from his office was a first class country newspaper and printing office, established by Petroleum V. Nasby (D. R. Locke) and then run by J. Q. A. Campbell, a civil war veteran, who came of a family of printers and editors. I accepted the judge's verdict and applied to Mr. Campbell for the opportunity to learn his business. He accepted me after I went across to the court house and brought my father to sanction the bargain. My salary was three dollars a week the first year, four dollars a week the second year, and five dollars a week the last year. The hours were from seven A. M. to six P. M., with one hour for dinner, and occasional extra night work without pay. I not only learned to set type, straight matter, advertising and job work, run presses and everything else that was done in those days about a printing office by the regular employes, but I was mailing clerk from the first week. I sometimes kept books, collected bills, gathered news and applied myself generally with the

idea of becoming not a mere printer but a newspaper man. I went to the office nearly every morning at six o'clock and found time to read exchanges. I learned by many routes that the best educated men in the country, many legislators and congressmen and other leading citizens were the editors of country newspapers. It was a necessity and honor to be a "graduate of the case." As one of the necessities they knew news from slander and they knew the laws relating to their rights of publication, so my experience with Judge West previous to and during my life with Mr. Campbell came in very well. Within a month after my three years had expired in February, 1880, I was part owner of a small country paper and during the next two years I learned a lot more, one item of which was that patent medicine had become quite an industry, having developed from two roots: first, the teachings of medical practitioners that drugs cured; second, that the general public was so easily humbugged it not only patronized the doctors who practiced and sold patent medicines but they bought Warner's Safe Kidney Cure, Mother Winslow's Soothing Syrup, and hundreds of other widely advertised articles for which I soon acquired a hearty contempt and was probably the first newspaper man in America to cut out patent medicine advertisements because I had chronic headache and indigestion which the medical fraternity told me I had "inherited" from my mother, and which neither prescription nor patent dope helped; also because I found they were not reliable in the matter of paying bills.

After about two years during which I acquired considerable practical information and a greater ambition, but found that good health would be my greatest need, I sold my interest and went westward to the neighborhood of Cincinnati, where I did type setting and other newspaper work while I studied orthodox medicine in order to find what all others I knew had failed to do. I studied medicine on the same critical plan that a proof reader in the printing

office does his work. For instance, on one occasion our alleged teacher of ophthalmology, who was about to operate on a case of cross eyes, told us the cause was paralysis of the sixth nerve, of the turning eye. My curiosity got the better of me and I covered the fixing eye, asking the boy if he could see with the other, when he turned it out most naturally and I ejaculated, without any thought of being offensive to the doctor, "that's a hell of a case of paralysis." It did give offense, the doctor didn't operate, but roasted me and I apologized. Really that event was the cause of my discovering, seven years later, what the cause of cross eyes is and how to fix them without operation. When I had acquired all the instructions and misinformation I felt I had the capacity for and with many of my fellow students was about to take my departure, I was asked very cordially by one of our old surgeons, where I expected to practice. I told him in a newspaper office as that was my trade and profession and that I hadn't learned enough about medicine to fortify me to look a sheep in the face and give it the dope I had been taught. Of course my frankness gave offense and I lost favor, if any was ever due me from those people.

After several years more of newspaper work, with the incidental headaches and indigestion, I gave it up and came to Chicago in the fall of 1891, to take charge of a small wholesale optical house for some relatives who could sell goods but lacked knowledge of bookkeeping and such other work as I could do very well. Incidentally I decided to qualify myself to talk optics to our customers, so I purchased a lot of text books and took some alleged courses, all of which I found disappointing because neither the books nor the teachers gave evidence of knowing anything about physical optics, hence the rest of their teachings must be doubly wrong. Applying myself after the manner I worked in the printing office, combining what I had learned about anatomy and physiology, I soon discovered

how nerve strain through the eyes could cause headache and even involve other functions, such as the digestive apparatus. With the assistance of my office boy, under instructions, I found a considerable defect and corrected it, determining to wear the glasses constantly for at least thirty days. My headaches disappeared the first day and have never returned. My office boy was blind in one eye and was cross-eyed. I figured some more and decided the cause in such cases as his was the same kind of defect I had, with other combinations sufficient to cause nervous spasm, and, his eyes not being mates, naturally exhibited the symptom. My common sense told me if I would break down that spasm his eyes would straighten themselves. I fixed him in two weeks and in later years gave him a training so that he is in practice today in Chicago. Later I found that while glasses stopped the headache they did not fix the indigestion and newspaper instinct suggested the investigation of food quality and quantity, the which I did most effectively as the sequel has shown during more than twenty-five years last past.

So many new things came up that I wanted to know and couldn't learn, I decided, in the fall of 1893, to open a real school of ophthalmology, hoping that it would yield remuneration enough to support me and my family while I studied more of that subject and others. The money came in with the students, but so did expenses, and they clung together so persistently that in figuring recently on my experience for the last twenty-six years, compared with John D. Rockefeller's, who started the Chicago University the same year I started my school, I found the following: he was a very rich man in 1893 and has spent on his school fifty million dollars but is still very rich; while my school has cost me half a million, I started a poor man financially and have held my own but I have the satisfaction of knowing that my efforts have turned out about five thousand good doctors, ophthalmological and otherwise, who are

relieving human suffering every day and are treating at least two per cent of the entire population of the United States every year; they are practicing rational methods and succeeding with cases who have been pronounced "chronics" and "incurables" by the orthodox doctors and their imitators.

Naturally, when I acquired health I yearned for newspaper work but I soon found that I had something that beat it. I had a cause to present to the suffering world but there was no promise of fortune in it. In 1894 I published a little book on Optics and in 1898 I launched a larger one. In 1900 I started a monthly journal which was continued for ten years; I also wrote several more books and tackled almost all subjects in my paper, particularly those in which the public should be protected from Medical and other grafters such as politicians and like conspirators. In 1910 my work was piling up on me to such an extent that I ceased publishing my first paper and began publishing quarterly, "Mature Medicine," which has been continued ever since and will be so long as I am able to furnish the copy. It is published in large quantities, for free circulation, but in order that we may not impose upon anybody by giving them too many copies and in order that we may make a wider distribution, we established a "Must List" on which we put the names of those who want to receive copies of each issue and remit twenty-five cents for a year or a dollar for several years.

My original newspaper training, coupled with over forty years of experience has made me competent to continue to judge the character of men and their methods, newspapers and their lack of methods, and a few other matters to which I have given expression heretofore and to which I shall give much attention in the future in "Mature Medicine" and in books.

In July, 1913, I printed in 50,000 copies of "Mature Medicine" sworn testimony that George H. Simmons,

then secretary of the A. M. A. (Medical Trust) and still editor of its paper, by virtue of the rascality of the "committee" employing him, is an ex-homeopathic advertising quack and abortionist, of Lincoln, Nebraska, and was made a "regular" by Rush Medical College for 12 days attendance. I mailed 20,000 copies to members of the American Medical Association and it cost about 7,000 members; George was dethroned as secretary at the next meeting, but, by the unvirtue of Bossism, has been retained as editor of the Journal, and, possibly, other devilment.

There was some talk of suing me for libel, in imitation of what the newspaper crowd did in 1908, when they made Mayor Busse and some courts and lawyers first-class "goats," the exposure of which is coming now. But the failure in the Busse instance made them consult real lawyers who told them I was probably familiar with Chapter 38, Sec. 179, Illinois Statutes: "Justification: In all prosecutions for libel, the truth, when published with good motives and for justifiable ends, shall be sufficient defense." There was no libel suit and there will be none that will not be met with the damndest fight its promoters ever imagined.

There is on now a dastardly attempt to control the Constitutional Convention, to be held in January. It is my intention to tell truths about some of the characters I know, if they attempt some things I have heard they intend to do. I know a lot of Masons who violate their obligations and decency in general in order to promote individual powers. Governor Frank O. Lowden has not only violated his oath of office in his animosity toward me and the cause of Medical Freedom, but he has forfeited his Masonic honor, probably, to get the thirty-third degree. I count my years of membership as my degrees, and I am just completing my thirty-eighth. I will force Lowden's respect, even if it only exhibits as fear.

The Chicago City Health Department is run by John

Dill Robertson, an Electic who was graduated from a branch of Loyola University, a Catholic institution, yet he is listed in the Medical Trust directory as a member of the despicable society. He appears to be popular with the Tribune, Daily News and other daily papers, which have long been exploiters of every attempt to frighten the people into vaccination and general serum medication even when the Supreme Court of the state has forbidden school board practices with reference to vaccination. Now Robertson is proposing an anti-smoke campaign in which he is enlisting a lot of butt-in-ski women and he is boasting through the papers that lawyers have told him he has great powers. He is also reported to be a Mason and I am going to do my part to keep him in his place by due exposure when he deserves it, if I have to print the entire Masonic Ritual. He is a politician and holds his eight-thousand-dollar-a-year position by appointment of Mayor Thompson who has been elected twice under the frantic opposition of the Tribune and Daily News, two newspapers which are, and have been, robbing the city school children of something like fifty thousand dollars a year each under the leases of the ground their buildings are on. To illustrate the character of these papers I am going to drop back eleven years and show what happened when I attacked those newspapers and their gang in 1908 by printing and circulating the following circular, inspired by President Roosevelt's attack upon Governor Haskell of Oklahoma whom he charged as being an immoral man, unfit for a position on the Democratic Finance Committee, because he had been in the employ of the Standard Oil Co. and also for reasons made obvious in the circular, in one paragraph of which it will be noted that I stated I was fully aware that in dealing with such a gang I was taking no small risk. Following the circular reproduced as a reminiscence, I will show what the newspaper trust attempted to do to me, and incidentally will show that the gang included not

only those named in the circular but judges of the courts, some of whom are still on the bench, the bar association and others. Here is a copy of the circular except the last page which was a half-tone picture destroyed by the chief of police who illegally confiscated editions of my paper and as many of the circulars as he and his police could get hold of:

A FEW NASTY FACTS.

President Roosevelt and the Republicans of Chicago, and the Nation, should know that:

Fred A. Busse, the "high priest and chief works of the Republican party in Cook County," according to the Chicago Tribune, is a moral leper.

The Chicago Tribune, Record-Herald and Daily News are equally as bad. They protect Busse in his devilment, and he lets them run the city.

They know that the said Fred A. Busse, late Roosevelt appointee to the Postmastership of Chicago, and now Mayor of Chicago by virtue of the manipulation of said newspaper trust, has been proved to be a thug and saloon bum—they know that Busse's latest escapade has been to disgrace a fairly respectable colored family by marrying one of the daughters—he being her third husband.

This same Busse is, by virtue of Governor Deneen's appointment, Chairman of the State Republican Finance Committee.

On the same committee, and also on the National Republican Committee, are Fred A. Upham and Roy O. West, members of the Board of Review of Cook County, Ill.

This Board of Review reduced the personal taxes of the millionaires over six millions of dollars this year, hence they are just the people to be on a Republican finance committee.

While they reduced the taxes of the millionaires, they raised the taxes of the poor. In the Tribune, Sept. 24th, John S. Coates writes a protest, saying that he is taxed more on the contents of his flat than the owner of the building is taxed for the building, and swears he will not pay it.

We wonder if President Roosevelt will ask for the resignations of these scoundrels while he is demanding that Democratic committee members resign.

To the Decent Citizenship of Chicago, Illinois, and the Country at Large:

When bold, impudent corruption passes the limit angle it becomes a matter of necessity that some decent citizen take the initiative in bringing the matter to a head. Now, therefore, I, Charles McCormick, No. 2100 Prairie Avenue, Independent Candidate for Representative in Congress from the First District of Illinois, submit the following for the consideration of the voters of the dis-

trict, city, state and country, **being fully aware that in dealing with such a gang I am taking no small risk**, but being fully prepared for anything they may do, I am proceeding deliberately, and there will be several more doses before election day.

1. The daily press of Chicago is in control of a Republico-Democratic Newspaper Machine that stops at nothing to accomplish its ends. It whipped the Council into line, and turned the streets over to the City Railway Companies, in spite of a 12 to 1 vote of the people against the proposition. It manipulates both Party Machines and gives offices only to those whom it can control, regardless of the characters of said persons. As a part of its plan to debauch the public it ordered its Aldermen to vote a salary of \$18,000 a year to the Mayor of Chicago, and fooled the people into making the length of the Mayor's term four years; then it manipulated President Roosevelt's friend, Postmaster Fred A. Busse, into the office of Mayor.

2. Who is Busse? It has been proved by the oaths of reputable citizens that said Fred A. Busse is a thug; that he is a frequenter of dives. It is shown herewith that he recently disgraced a respectable colored family by marrying one of the daughters, he being her third husband. Self-respecting colored people have no use for him, yet said Busse was declared by the Tribune (first column, first page, Aug. 20th, 1908) to be "the High Priest and Chief Works of the Republican party in Cook County" and in the same paper, Sept. 23d, it was recorded that Governor Deneen had selected his "Honor" as Chairman of the Republican State Finance Committee. He is also an associate of F. A. Upham on the National Republican Finance Committee. It is to be presumed that if "Thug" Busse and "Board of Review" Upham cannot get money for the Republicans it will be because there is none in circulation.

3. This man Upham, by the way, with Roy O. West, another Republican Committeeman, both members of the Board of Review of Cook County, Illinois, reduced the personal assessments of the big rich over six millions of dollars this year; while the comparatively poor had to fight to prevent their assessments being raised. When I fought a raise of 50 per cent they attacked me through the Trust Papers, and sought to discredit me in the community by alleging that I exceeded my rights in writing to those rascals that I would "be damned if I'd stand for the raise." West had the impudence to ask me if I was not "afraid of Uncle Sam" when I called at the Board rooms to demand my rights, and the papers declared under scare heads that "neither Uncle Sam nor the Board of Review hold terrors for Dr. Charles McCormick, President of McCormick Neurological College, No. 2100 Prairie avenue." It is a safe bet they haven't, nor have "Thug" Busse, "Big Stick" Roosevelt, Daily News Lawson, Tribune Patterson, or any others. My mud batteries are loaded to the muzzles—let them touch 'em off if they dare. I have not lived in Chicago seventeen years and been blind and deaf. If they want me to cut loose, let them say the word. This is only a comparatively random shot.

4. To the public particularly: You haven't seen any scare heads in the newspapers telling of Mayor Busse's escapades, have you? Neither have you seen any scare heads, nor any other kind

of a head, telling the truth about the dangers of vaccination. But you have seen scare heads telling of the dangers of turning this country over politically, thus taking it out of the hands of the rascals who are being exposed here. The Healy-Wayman contest for the State's Attorney's nomination is a sample of the desperation of the Republic machine. The Democratic machine is just as bad. In the First District Martin B. Madden is the Representative in Congress of this gang. He may be a very nice man, but it must be extremely doubtful in view of the company he keeps. M. L. Mandable is the Democratic machine nominee. He is a good fellow, as I know, but he is without political experience, while I have had thirty years of it as a newspaper and professional man. Inasmuch as I have proved my capacity in the last fifteen years by whipping the Medical Trust single-handed and establishing an independent school of medicine with more than one thousand graduates, practicing in almost every State in the Union, and as I desire to kill two birds with one stone, viz., help wipe out a political oligarchy and get another whack at the meanest trust of all—the Medical Trust—in Congress, where it proposes to seek legislation giving the old drug schools an absolute monopoly to traffic in human ills, I present myself as an Independent Candidate and ask that you scratch the names of the candidates for Congress on your tickets in the First District and give me your votes, pledging you that if elected I will be found always on the side of outspoken justice to all.

If elected to Congress and opportunity offers I shall vote for:

1. National Bank Deposit Guarantees, because the Government demands guarantees, for its deposits with national banks and I believe individuals and firms should have the same protection. There are 18 national bankers in Ft. Leavenworth prison today.

2. I will vote for Postal Savings Banks, as the most absolutely sure protection for the public's savings.

3. I will vote for all reasonable Trust regulation and imprisonment of those guilty of violations thereof.

4. I will fight to the last ditch that "the citizens of each state shall be entitled to all the privileges and immunities of citizens in the several states."

A postal or letter of encouragement from voters and others will be thankfully received.

Will President Roosevelt be as keen for Busse and Upham to resign from National and State Committees and from the office of mayor as he has been for Senator Foraker to keep out of the campaign or for Governor Haskell, of Oklahoma, to cease taking part in Bryan's campaign?

The ten introductory sub-headings were sufficient in themselves to show that I had no particular spite at anybody and it is a fact that I never saw the mayor mentioned nor all of the others. The first thing the newspaper gang did was to select the expression, "moral leper," as applied to the mayor, for which they secured from a gang grand

jury headed by Wm. J. Strickland, an indictment against me for "criminal libel." All that came of this was that after several months of skullduggery and newspaper write-ups, when they found that I would fight the case to the finish and disgrace the city of Chicago, their lawyers either bought or bulldozed mine, and by a trick combined with democratic judge George Kersten they took me before him one morning and without my consent plead guilty to "criminal libel," upon which the said judge, after asking casually if I consented and being informed by me that I was the victim of a conspiracy, he assessed a fine of \$50.00 with \$20.00 costs, which I paid because, having a large class in my school who would be inconvenienced by me taking several weeks' time in court, I preferred to spare them. Also the attorneys and the court pledged me that I would not be molested further by the mayor or his friends. This because early in the game I had been assaulted with intent to murder by three individuals whom the newspapers declared were my students and whom Inspector Wheeler, of the police force, and others, told various stories about which the papers published. While they were doing this a sergeant of police who had suffered indignities at the hands of Capt. O'Brien and others, informed me that my assailants were Billy McKenzie, Pat Loftus and Harry Smith, the first two being police officers, the third being an attache of the mayor's office, and all under orders to do me up.

There were no other charges of libel from any of the gang named, and it will be noted that after naming Busse as the "moral leper" I said "the Chicago Tribune, Record-Herald, and Daily News are equally as bad." The whole truth is that they all knew they were in danger of exposure and made Mr. Busse their goat. I was not really a candidate for Congress because Representative Madden has always suited me, but the mention of him in Paragraph No. 4 was made to give him a pointer on the Republican gang he

was dealing with. The last paragraph in the circular will explain how Mr. Roosevelt was in it.

I am still living in spite of a lot of threats, while Mr. Roosevelt is dead, Mr. Tribune Patterson is dead, Mr. Busse is dead, as is also his chief of police, who instigated outrageous acts against me, State's Attorney Wayman committed suicide to escape punishment for his acts, and the gang has generally gone to pieces.

Now we come to the present "Nasty Facts": It has long been known to me that the newspapers were controlled by Big Interests. It was discovered during the war that they made a special deal in March, 1915, and Representative Callaway has made it a part of the Congressional Record that 179 of the big papers sold controlling interests to the Morgan crowd who edited them to suit themselves. But that isn't a marker to the medico-religio business grab about to be presented, including newspaper weaknesses or deliberate criminality.

First, the newspapers love power, and, knowing the affinity between the churches and the orthodox medical profession, they do anything to stand in with them.

Second, the churches traffic in souls; orthodox medicine traffics in bodies. Hence they combine to run hospitals because they can get newspaper advertising for nothing and also keep the people terrified until they easily become victims

In order to get business the medical colleges make a specialty of "Internships" as one of the essentials of graduation. Then the surgeons who take cases to the hospitals for convenience or for special mercenary purposes are the large producers of business.

The Catholic Church controls, probably, more hospitals than all others but they have imitators in the other churches as the Presbyterian, in Chicago for example. Then there are the cheap skate "business" hospitals who permit any old kind of work. In the Catholic hospitals are to be found

not only sisters and priests, but confessionals, chapels, various typical figures suggestive of their fanaticism. These institutions are always in charge of church authorities and the whole thing is a business deal as the sequel will show.

All hospitals are beset with nurses, male and female, and they are apportioned out according to the profits they bring. One of the most outrageous features of the nurse business is that in which male nurses are being exploited upon several points of graft through the papers and otherwise, particularly where they are on tap for transient hospital patients and others at \$35.00 per week, and room and board, when as a matter of fact they are either common bullies or are the rankest sap-heads, generally both at intervals. This is a situation all over the world but particularly in the United States.

My recent experience is a typical one, hence its recitation will be valuable to all who want to know what will happen to them under similar circumstances:

July 10th I met with an accident in my home, fracturing my skull by falling from a step ladder. I was committed to the offices of an orthodox surgeon.

First, I was taken to Mercy Hospital by an undertaker's wagon for \$5.00—about seven weeks later a Yellow Taxi brought three of us away, the same distance for 85 cents. At the hospital I was put under ether seven hours after the accident and when it had been decided I didn't have a chance in a thousand. Proceeding along speculative lines they opened up my thatch on the left side, quite a space above my ear, and found some blood clots which they removed. A little later I showed signs of recovery and afterwards, according to them, I broke all records for that class of injuries. By the next morning I was in Room 226 at the hospital and in line for the grafters, first excessive rates for room without conveniences, second a hold-up by the bullies and soft-heads who pretended to be male

nurses. As I began to regain consciousness from the ether, my instinct of self-preservation began to work and I therefore came in contact with violence from the aforesaid bullies and soft-heads, the which I resented and fought until I have established quite a reputation in Mercy Hospital and the neighborhood; I also came out of it the worse for wear because in my struggles against handcuffs and other outrages, injury was done my arms, particularly my good right arm, from which I will not recover speedily. Altogether I have what I would regard for anyone else as good grounds for a big damage suit.

There is one feature that impressed me more strongly than any other, and that is that the orthodox doctor who contributes patients to the hospital, and I understand there are about 50 of them feeding Mercy, is really a stool-pigeon for a system of graft and a line of treatment following operation which often makes it worthless. The surgeons are often good fellows in themselves, although I am not willing to agree that their methods are correct or even rational. One of their weaknesses is orthodoxy, and some of them are fanatical as any churchman. For example I was a whole month in Mercy before I came back to myself so that I knew who I was, and I have no recollection of my battles, but, having been a student of the mental and physiological arrangement of the nervous system, when I did come to myself partially I began to take measures and that is how I came to analyze the male nurse and nurses generally. One of my surgeons, whom I make all allowance for under the circumstances, came in to me one day and showed the usual orthodox understanding of my mental condition by telling me, after the nurse had complained of my conduct toward him, in denouncing him as an unmitigated ass in his pretenses of wisdom and capacity, that if I didn't behave myself and do as the nurse directed he would send me to Kankakee or Dunning Asylum. Now the Doctor was so orthodox he believed I was crazy and he

could scare me. We had a big spat right there when I promised to get an attorney and fight them; but after he departed for the day I decided upon other tactics, and the next day had a laugh over the matter with him and as a result succeeded in a few days in getting an order from him to the hospital to permit my departure. You see, my friends, they have the scheme so arranged that when a patient is committed to one of these hospitals by contributing surgeons, he or she is regarded as practically imprisoned. Of course being a fighter, I could have waited a few days until I could put up a battle and then got up and walked out, but I preferred to use diplomacy to make my expose all the more complete. I came out on release by order of my surgeon on the 41st day. I think the operation was a mistake as I am considerably disfigured from it; and I believe I would have recovered without the injuries by the alleged nurses had I been treated by my own emergency methods; but as the orthodox surgeons know nothing of those, I forgive them. The expense incident to the 41 days is what will interest the public who may be victims and should interest the officials whose duty it is to protect the public against the colossal system of graft which is rampant all over this country in the name of hospitals. The surgeons got \$350.00; Mercy Hospital got \$308.50 from me; just how much they got from the nurses I have no means of knowing, except that when I got those fellows to confessing they stated various amounts of percentages claimed from them by the hospitals and from the agencies who placed them after charging them a registration fee of \$2.00 each. The pirates who pose as nurses, when they are not telling fairy stories about inventions they are masters of and about what they have done in the U. S. service, got \$425.00. The undertaker who transported me to the joint got \$5.00, making a grand total of \$1,088.50. When this is considered against the damage done me and with the knowledge that according to their

own confessions whatever good has come out of it has been entirely due, not to their skill, but to my eternal come-back-a-tiveness, it makes a clear case against medico-religio-business tactics and if the authorities do not put on the screws the victims and their relatives should do so in a manner which will put the scoundrels out of business.

As I have remarked before, the surgeons who are the decoy-ducks for such institutions are often good fellows personally, but they are so obsessed by orthodoxy that they do such things thoughtlessly often. Of course, no doubt, a lot of them must be as deliberately crooked as the people who founded the whole outrageous scheme. If there is one honest newspaper of any consequence in the country it should take this matter up and go the limit with it.

I filed a complaint for disbarment against my attorneys Lynn and House 1908; after considerable correspondence I was informed by John L. Fogle, attorney for the grievance committee, that my complaint was not sufficient for action on their part. I still have a lot of correspondence in one letter of which I notified Mr. Fogle that I suspected my charges would be passed because I already had abundant reason for believing "the whole damned bar association is as corrupt as Lynn, in his conversation with me, charged the judges with being." Early in the game I had a letter from Richard Lloyd Jones, editor of Collier's Weekly, asking me for detailed information as the matter proceeded, and I still have a copy of the final letter. I wrote him telling of the outcome of the case and giving him Lynn's story which may yet make interesting reading. Part of it was given to Mr. Taft while he was President, when the Tribune and Daily News were boosting one of the judges for a Federal appointment, for which I received a note of thanks and a pledge that the man would not be appointed, which he was not.

As I am a "graduate of the case" with more than forty years' experience, I am a competent judge of newspaper

situations and other experiences have shown me their criminal side. Just now we have an illustration: On Sept. 25th the Hearst sheets were wildly proclaiming "Garrity will stay, Faherty says." On the Saturday before Police Lieut. John F. Sullivan, having resigned from the force, because of dissatisfaction, took advantage of the weaklings who were running the Tribune and ran a column interview, first column, first page of the second section in which he said what I have always contended: "Politicians controlled the police when I joined, twenty-nine years ago, and they still do. It isn't the policemen, it's the system. Special privileges shown negroes by order of politicians bred the hatred that brought on the race riot. The young fellow who joins the force now must do so because of laziness or larceny." I haven't space to print the whole story but add a sample from it because it refers back to 1908:

"Why, I remember when Busse was mayor, Paddy Hogan and I were working out in the bureau. An order comes in one day transferring Paddy who was detailed to horse thieves. I said to P. D. O'Brien, detective chief then, 'it's a damn shame; Paddy's doing good work.' P. D. agreed. He told me later that he went to Chief Shippey's office and finding him out walked into Busse's office and told him his views. Busse, he told me afterward, turned to a phone and called up Roger Sullivan. Seems Paddy had bothered somebody who knew a friend of Sullivan's. 'O, to the devil with that fellow' Busse told Sullivan after a conversation and Paddy stayed. But they finally got him." This in reference to Paddy's discharge the other day by the civil service commission. Here's another one from Sullivan. "It's the same all over. A policeman takes a case into court and the city prosecutor, usually a political worker in that very district, tells the judge, 'O, this lad's all right, I know him,' and it's all over. If the prosecutor didn't look after his men neither he nor the judge could ever hope to keep in with the organiza-

tion." And here's another which applies proper titles:

"A saloon in the shadow of the city hall at the time it closed was the headquarters for all the pay roll robberies in Chicago and as far east as Cleveland. Across the street from the detective bureau the politicians and their highbinders knew of and even directed the jobs. O, the highbinders are running things with as much rein as they did in the days of police inspectors. I am quitting and glad I'm through."

Incidentally any farmer may find whether a newspaper is owned by the "highbinders" by looking for the following paragraph, which is always headed "Member of the Associated Press," the paragraph always reads the same because written by a crooked lawyer for the crowd: "The Associated Press is exclusively entitled to the use for republication of all news dispatches credited to it or not otherwise credited in this paper and also the local news published herein. All rights of republication of special dispatches herein also are reserved."

But not all papers are owned by the interests. The Mobile Register, in its one hundred and sixth year of consecutive publication, hands the medical trust in Alabama the following editorial Tuesday, Sept. 16th, which I reprint in full in order to encourage emulation of the example:

WORK OF THE DOCTORS' TRUST.

The doctors' trust bill proposes the regulation of barbers in fine shape. No barber must do this and no barber must do that; but he is to do thus and so, and wash his hands every time he does it. The only thing missing is an injunction to the barber not to talk.

Meanwhile and for forty years, the doctor's trust has been in charge of the sanitation of the state of Alabama, and mosquitoes, flies, malaria and filth diseases are about as prevalent as ever. It is true that the doctors are making a lively ado here about screens to keep out the flies, but when it comes to stopping the flies at their source, namely, in the stables and other favorite breeding places, the ordinances, as far as has been observed, are a dead letter. It is an elegant house of cards the doctors have built for themselves, but of its real value to Alabama as a preventer of disease the less said the better.

We believe that the line of weakness that runs through the whole

structure is the absence in the medical association of any sense of responsibility. Being a law unto itself, in the sense that it is self instituted and self-operative, and accountable to no one, it works or not as it sees fit; and generally not.

It is a powerful political affair, however, and whereas it doesn't do much for the state it seldom fails to get the state to do much for it. The association is asking now for "more." Will it succeed? We hope not.

Now, in closing this chapter I want to remind the public and the "highbinder" politicians that my paper, "Mature Medicine," will continue for more years, beginning with January, and that all should remember "A chiel's amang ye takin' notes, an', faith, he'll prent it." Our college is the publisher of the paper and it is circulated freely every quarter. Any who desire to receive it regularly should get their names on our "Must List" by remitting twenty-five cents annually or one dollar every several years. We appreciate these remittances for two reasons: first, they tell us some people are deeply interested; second, it gives us that much more money to blow distributing the balance of each issue to names selected from Bradstreet's and other directories.

CHAPTER X.

Straws Show How the Wind Blows.

"Keep 'em scared." This appears to be the slogan of all the dominating powers from Uncle Sam's "vocational education" board on down the line. And they are all working for "Religion" and "Health." So far as I have been able to discover they are all dyed with the same devilish stuff: Profit for the favored ones at all costs to the public. First, they want to steer everybody to their orthodox medical schools and even propose that Uncle Sam shall pay the bills; second, they have official food controllers beginning with Mr. Hoover, a sample California specimen, all of whom are out on the principle, "do others before they do you"; third, the hue and cry from alleged "health" officers with reference to the "flu," vaccination and other general foolishness; fourth, the public conspiracy of chief crooked politicians in both parties to divide the spoils of office without any reference to the voters or the law.

It is easy to see why religion and politics are worked together: they are both alike, crooked. The President of the United States wrote some books several years before he mixed his religion and politics, in which he apparently criticized the power of a President; but within the past few months he has shown by his conduct that it was not criticism, in putting it into practice in negotiating a treaty without taking the Senate or the public into his confidence. He even went so far as to stir up rebellion and some senators have charged him with betrayal of his country. The evidence is pretty much all against him, and, were it not for the nasty fact that politicians are too nearly all alike

I would advocate the permanent retirement of the Democratic party. A sage long ago remarked: "Coming events cast their shadows before," and as I see the shadows it is proper to remark that what we have seen in the way of strikes, riots, profiteering and political skullduggery in the last few years isn't a circumstance to what is going to happen within the next twenty-four months.

It is reported that Coal Oil Johnny Rockefeller has donated 20,000,000 dollars to be distributed among the orthodox medical schools and that much of it is coming to Chicago, probably to Rush, because it is affiliated with the Chicago University on which John has already spent fifty millions. I believe I have shown in another chapter that in the twenty-six years that old robber has been squandering money my school has earned and used up only half of one million, but has done things. It is proper to add here that it has had to fight for honest principles all along the line. More than twenty years ago we whipped a combination of the Illinois State University, the Northwestern and the Chicago Universities before the Illinois legislature and cut out the first named's appropriation for two years. After that whipping President Harper died; we chased Henry Wade Rogers of the Northwestern and the chap who was then in charge of the State University to other parts of the country. There are others in various parts of the land who need and fear exposure more than all else they can imagine and they are about to get a lot of it which they cannot suppress or enjoin. When people are practicing things which are inimical to justice and even of a character which is traitorous it becomes imperative that it be exposed in detail. I have made exposures in the past and murder was attempted upon me. I pulled through and feel more competent than ever before; hence it cannot be later than January, 1920, when our quarterly paper, "Mature Medicine," will be widely circulating facts with proofs that no President, governor, mayor, alderman, or

"health officer" can survive. In order to be sure of this I appeal to every reader of this book who suffers indignity at the hands of any of them, individually or collectively, to supply particulars to me, supported by affidavits of witnesses wherever possible. It makes no difference what part of the country nor how prominent the perpetrators, I want the facts so I can give them to the public. This applies to alleged boards of health, school boards, directors of education, etc.

Among the medical humbugs is the "quarantine," employed for advertising purposes, but while the common people are made to suffer inconvenience the deadly doctors are running from quarantined homes into others and if there was such a thing as contagion it would mean disaster. The public answer to a quarantine should be to shoot the doctor that comes out of a quarantined home and enters an unquarantined one. The only thing that equals the bombastity of the average political health officer is his personal cowardice and when the public hears the bombast let it prepare ammunition for the scoundrel.

The average "trained nurse" has been found to be only trainable because she hasn't any sense. This applies to the male animal as well, who is a bully and a coward as well as a grafter with all the rest of it. They all use thermometers, catheters, stethoscopes, sphygmomanometers, hypodermics and other accessories which keep them strong with the doctors and the hospital grafters. None of these instruments are worth three hoots in hades as a matter of fact. In this connection the entire kit of the average old school doctor is as worthless as his orthodox education. Just think of it as one of the facts connected with old school education: It is generally known that at least one-third of all such graduates are addicted to the constant use of habit-forming drugs. Now you may understand why John Rockefeller wants to spend money spreading old school medical education.

Operations are performed every day by alleged surgeons under the protection of alleged practice acts which they wouldn't dare perform if they were not licensed according to the rules of the medical trust. Most of these surgeons do not know anatomy or anything else. My own case is one of the many proofs I can and will produce: The surgeons who put a drainage tube into my head evidently mistook me for one of Rockefeller's artesian wells.

But doctors do not monopolize damn-foolishness, and they are not as offensive under any circumstances as the grouchy religious devil who is in the habit of going about attempting to be his brother's keeper. I happen to know some of this class who have made money out of their religion by real estate and banking deals or some equally profitable scheme. I do not know one who with all his tricks has made as much money with his brains and his means as I have made honestly. They held on to theirs and mine all got away, but I have accomplished things which enabled people to do the same thing. I have not spent my time hunting faults in people as have my prohibition acquaintance, hence I am free from the worry which they have brought on themselves. I laugh at them and tell them I have drank more whiskey than they but I have never made as much. They are all infernal eaters and what they usually regard as their religion I have found upon analysis to be indigestion. I have a life-long friend who is from July to Christmas younger than I who has wasted a lot of time doing two things which I have never tried to break him of, namely: praying for my salvation and working for national and international prohibition, and I am sure that he has never found the happiness in his sixty-one years that I have found in a few months at a time.

This hobby of one set of people attempting to dominate all others and limit their liberties in eating, drinking, dressing or undressing has always appeared to my natural mind as unworthy of indulgence. I have been a news-

paper man or a doctor all my life. I know a great variety of people. I know one man who has been advertised, ridiculed, abused and lied about so much that nearly everyone in the United States knows him and many regard him as any thing from a pompadour-haired poet to a wholesale dealer in white slavery. I know him and have known him and I would trust him with my money or my life, or on any other question involving decency, as far as I would trust the most exemplary of his critics who call him "Bath House John." He is John Coughlin, first ward Alderman, Chicago.

Notable among the American curiosities are the "world's greatest newspapers" with their "health" editors, ministerial contributors, their society buds, their fake advertising by people who pretend to be foot doctors and fleece people out of anywhere from seventeen dollars to one hundred dollars, while the same newspaper is persecuting some physician who has an office down town but doesn't advertise with them. Automatically the time will come when respectable newspapers will limit their advertising to things that are reasonable and will protect subscribers and the public generally by that terrible weapon, Publicity. Most of the papers have been utilizing that weapon for disreputable purposes and it is only a matter of time until they are exposed and entirely discredited.

This appears to be The Age of Sillies, because of what nations and people have done and do and stand for. None seem to have learned anything. Each one tries to "do" all the others. It is humiliating to people with a little sense to have constantly displayed before them those who delight in being paraded as prominent citizens, made into brigadier generals, etc. Even the President's physician has been made an Admiral—some of us imagine we know the reason. The newspapers are exploiting magazines of fiction which must be a joke because they haven't contained anything but fiction for several years.

One of the hopeful happenings of these days is the series of periodical race wars which if continued rationally may eventually result in extermination of vast numbers when the high cost of living will, naturally, go down.

One thing is quite evident even to the most casual observer, that is, pro-germanism is still rampant in this country, even the militarism, against which our managers pretended to be fighting, has been adopted and promises to cut quite a swath because it is easy to make officers and get votes and class legislation.

The Chicago Tribune's "health" editor, who has long been a joke, naturally finds all the silliness of the A. M. A. and reprints it. One of his latest is that 50 to 80 per cent. of American girls suffer from painful menstruation; then he goes on with a prescription for drugs even to atropine, the common name for which is deadly nightshade. Twenty-five years ago I wrote a book in which I declared that nerve strain through defective eyes is the primary cause of at least 85 per cent. of all human ills. Since that time my 5,000 graduates have corrected the eyes of thousands of women and girls who had long suffered the menstrual pains and they relieved every one of them. It is proper to add here that Doc Evans was "health" commissioner under the notorious Tribune and Daily News mayor, Fred Busse, when he drew eight thousand dollars a year for serving the medical trust in all the contemptible ways that could be imagined. By the way, Chicago borrowed a "health" officer from Uncle Sam once. His name was Dr. Young, who grew so rambunctious over some of my comments on his conduct that I had to practically chase him out of town.

We read in local papers frequently reports of the murder of doctors; but we do not find similar reports of the murders by doctors which are probably much more frequent. Of course they have licenses to do it and convictions would be rather difficult under existing rules of court procedure.

I have had a narrow escape myself recently, but I am practically unkillable. When people learn to employ drugless doctors, but not the osteo-chiro type, there will be a slump in the undertaking business.

As bad as our American press is I sometimes get an idea from its foreign correspondence. Phillip Gibbs, writing from Paris, tells what realists the French people are: "They face facts squarely and do not camouflage by financial hopes or romance. Not even victory covers by one grain of dust their realization of the horrors of war. Military glory has no meaning to them, except in stern duty and the endurance of abominable things."

He was being waited on in a restaurant by a man wearing military decorations and complimented him. The waiter turned away for a moment in disgust, then turned and said, "Magnificent, bah! it is reward for dirty work. Up to your knees in mud, dead bodies everywhere, the stench of blood, fear and abomination. It is better to be here serving coffee and beer and adding up little figures. It is a better job." This is a nice little lesson to our bloviating Americans who are organized officially to steer ex-soldiers out of agreeable paths after laying down their arms. My school has a little proposition before it now which is going to result in a general ripping up the back, of Uncle Sam's "vocational organization" if a lot of the cooties operating it do not change their methods.

The strike fever has spread to farm hands and the farmers are complaining that it goes against the grain with them to work 10 or 12 hours a day to feed employes who only work six. I have worked on a farm and almost every other respectable place in my life. I never had any use for unions or strikes and have observed that when carpenters were getting from \$2 to \$3 per day they did more and better work, as did also all other mechanics, they lived better and were happier. I have also observed that our over-dose of foreigners, particularly Skees, Skis, and Witch-

es, has been the chief accompaniment of unionism. For several years the first printer's union we had in this country was an honorable one, its memberships being guarantees of competence. There has been a great change in this in the last twenty years. A vast majority of the murders committed have been by strikers.

Illinois is about to have a state Constitutional Convention and if it gets through without several first-class hangings it will only be because a lot of the highbinders have seen the handwriting on the wall. It is time that the very populous middle class of people who have been ground between the two mill stones, capital and labor, get busy with shot guns and greased ropes.

To people of mental capacity the United States comes out of the world war in disgrace. First, the outrageous extravagance during the war; second, the mistreatment of soldiers since the war; third, the prices and limitations on sugar and other food stuffs right up to the present minute. It is worth remarking here that during the war people who practiced our teachings always outdid Hoover in limiting themselves to sugar and other carbonaceous materials. If the Government would utilize its freedom of the press to advise the public to investigate our methods there would soon be an automatic adjustment of prices on all things. Of course this would deprive some greedy government officials of their jobs, and the graft that goes with them.

Senator Hiram Johnson has been greeted in Californy as the next president. Why, darn his hypocritical soul, I know lots of Californians who think he ought to be in San Quinten.

CHAPTER XI.

For Prospective Students and the Public.

Physics covers the entire field of study of natural laws as they relate to all things except organized bodies possessed of physiological action. Its chief duality is chemistry and mechanics.

Anatomy (means, literally, "to cut") covers the study of the chemical composition and mechanical arrangement of the various parts of organized bodies, human and animal.

Physiology is the reason for anatomy, as anatomy is one of the products of physical laws. The word means the study of the functions of organized bodies. These functions are in a measure regulated by physical law, but we regard them by rules rather than laws for the reason that they represent unfathomable combinations of the laws, particularly of chemistry. We calculate to a certainty physical questions so long as they relate to unorganized bodies, but we can not tell exactly what is going to happen when we expose ourselves to atmospheric changes, to medicines, or even foods. Hence we might say physiology is the study of the exhibits of physical laws in organized bodies, particularly of those endowed with extra animal intelligence as is the human family.

Metaphysics carries us a step farther than physiology into the vast domain of the causes of human ills because we find in the study of physiology a constantly increasing uncertainty in our calculations, hence the necessity of applying ourselves more carefully to physics and anatomy. But even then we find ourselves bewildered by the evident presence of an outside influence and have discovered that each individual is endowed with more or less mentality which consciously and sub-consciously influences the physiologi-

cal actions as is evidenced by the effects of anger, joy, grief, ambition, upon the heart action, digestion, etc., therefore we adopt Aristotle's word "Metaphysics" as covering the subject of the non-atomic force which acts upon physiology conjointly with or antagonistic to physical law. We hold that the reason for the antagonism is largely due to the early introduction of artificial standards of conduct which were substituted for the natural ones with the most natural result: Ignorance of the truth, theoretical and practical.

Symptomatology is the study and comparison of normal and pathologic exhibits physiologically and mentally. We do this by a series of objective and subjective tests, some of them diagnostic or theoretic, but most of them analytic, hence eminently practical.

Analysis is the practical procedure of utilizing our knowledge of physics, anatomy, physiology, metaphysics and symptomatology to arrive at conclusions with reference to the mental and physiological conditions of ourselves and our patients. We can employ the same general principles to arrive at solutions of all problems provided our capacity is great enough and we are philosophers—lovers of truth—instead of slaves to dogmas which deny the right to analyze.

Therapy is that branch of our work which covers what we are to do after we have completed our analysis in order to aid the natural laws to resume their ascendancy in an orderly manner when there has been confusion as a result of the influences described above. Being naturalists, we at once return to physics, our guide, for instruction, when we find that its chief duality is chemistry and mechanics; therefore whatever assistance we render must be either chemical or mechanical or both. Other schools of practice prescribe from diagnosis and administer artificial remedies in so-called "medicine" and when those fail they apply operative surgery promising "cures," but we have observed

that in cases where the difficulties were really serious they always fail. On June 8, 1914, in Los Angeles, Cal., a wealthy Chicago lady, Mrs. Purcell, daughter of the late Wm. Gray, D. D., for 27 years editor of the Interior, an orthodox Presbyterian paper, committed suicide, leaving a note saying that for many years she had been fighting for health and after seven fruitless operations she had decided to give it up. She had been taking orthodox medical treatment too. When we turn to Nature she does not tell us anything about the artificial combinations forming so-called drugs, except that they are artificial, therefore dangerous. In rational chemistry we find the duality, inorganic and organic matter; the first is represented by water and salts, the salts being combinations of elements found in the human body and in vegetable and animal life used for food; the organic includes compounds represented by what are known as carbohydrates and fats. We were the first and are now the only school to employ the chemistry of food as a *materia-medica*. It is much more complicated than the *materia-medica* of the old schools because with all their theoretical *materia-medica* as published and exploited in their books on theory and practice, physiological chemistry, etc., the old schools have only about a dozen "remedies" which they employ haphazard in all sorts of cases; viz: Quinine, mercury, strychnine, digitalis, nitroglycerine, potassium, phosphorus, iron, sodium, calcium, coal tar products and patent medicines, the latter as "advertised only to physicians" in medical journals. In mechanics we find as interesting though not so complicated instruction as we do in chemistry. It enables us to know our anatomy and physiology better. Employing the laws of optics and dynamics we are enabled to measure the nervous system so accurately that our analysis wins the admiration of all who investigate it. In mechanics we find a substitute for old school surgery just as we found in chemistry a substitute for old school

materia-medica. Our Manual Therapy not only enables us to avoid the necessity of removing parts but we employ it without possible danger to patients, without anesthetics, without necessity for hospitals, without hurting our patients and without injury to ourselves. The schools of practice which only employ Manual Therapy are as far from the truth as are the drug and surgery schools. While not so dangerous in their treatments as the drug schools they lack all the essentials of a mature system, and they assume, ignorantly, that the causes of all human ills are purely mechanical. Like all other one-idea systems they will have their day, largely because of the failure of the old schools and of the credulity of a public which has been trained for ages to believe in "miracles" and "cures." Then there are the "Faith healers" who assume, pretend to believe and actually teach with reference to human ills, that there is no such thing, that all is imaginary, some even asserting that nothing is material; and it is a fact worthy of more than passing notice that these people, who have exhibited a capacity for securing material dollars and building material churches free of taxation, have actually secured special privileges in the treatment of human ills by being exempted from the provisions of medical statutes in every state of every "Christian" country. Such statutes are insults to Nature and to human intelligence. They are dogmatism, graft, pure and simple, and are contrary to the Constitution of the United States which declares that no laws shall ever be passed pertaining to the establishment of a religion. They are in defiance of the spirit of the Constitution which is against class legislation. They violate the Constitution in giving health boards power to seize person and enter homes without the consent of those most interested. They defy the Constitution in denying people the freedom guaranteed by it. They restrict even licensed doctors to limited territory. At first it was to state borders, now in some states it is to

counties, and in Iowa it is limited to their offices with the exception that they may go to the houses of their patients; but no doctor can go from one town to another making periodical visits, and have an office without paying a special license of \$600 a year—it is not a crime to work the people provided the State Board of medical grafters gets the \$600. These Boards undertake to regulate the kind of a school a student must attend and how long he can go. The laws originally provided for an examination of candidates, no matter where they came from if they presented good references; now they demand a high school education, which is notoriously worthless, and at least 4 years in an orthodox medical school. If they can legally demand all this they can increase it to 20 or 50 years. The Supreme Courts of Wisconsin and other states have decided they have no such rights. The Medical Trust is a political power. It comprises less than 30,000 of the 150,000 drug physicians in the United States, but with church influence, acquired through the distribution of army and navy chaplaincies and through the gratuitous services of Trust doctors to influential clergymen, the social and political pulls are monstrous.

Let it be observed that our therapy includes the anatomy and physiology, pathology and symptomatology of the body politic as well as of individuals; and, following the natural course, as we do in all other cases, personal feelings have no influence in the matter. We are not in a struggle for personal gain or ascendancy in any particular. We simply demand unconditional surrender to Nature and we will take our professional chance with the Greek or with the Barbarian. The Medical Trust, the Religious Trust, the Political Trust and others have seen their own weaknesses and have seen that the public sees them; they hope to avoid being "hanged separately" by "hanging together." This is satisfactory to us because we propose to hang them all together. By "we" it is intended to convey the im-

pression that at least 75,000,000 of the 100,000,000 population are agreeable to the above sentiment or will be when their attention is called directly to the subject.

Sexology is the study of the influences, mental and physiological, on males and females of cohabitation. Here again we find the awful results of dogmatism and credulity; of grafters and grafted; of the substitution of artificial standards for natural ones. Taking the subject analytically, we find the first attempt of the grafters to dominate the world through the sex passions was the establishment of a marriage system in which the officiating officer, a priest, got a fee. To force people to pay up, it was decreed by the grafters that all persons living together without sanction of the code should be ostracized, and it was further announced when it was discovered that natural laws worked and children were begotten independent of the marriage ceremony, that such children were "bastards" and would be damned—a hell of a religion, wasn't it? When the grafters found that the marriage scheme had two big faults: one, that it would not work on everybody and the other that it did not work very satisfactorily on those who accepted it, they originated a divorce law, which gives the lie to their own pretensions of belief in "Whom God hath joined together let no man put asunder." This divorce law became necessary because the public having been taught that the sex question was an obscene one, fit only for priests to study, they went into the marriage relation in ignorance, and, after a brief experience they decided to enlarge their field of experiments, being reassured by the announcement that it was a sin to chase around after other women or men than their wives and husbands, but that upon exhibiting penitence thereafter they could be forgiven—for a fee—thus the so-called sporting house was the second development of the system. The grafters found marrying, divorcing and forgiving sins were prolific sources of income, but they needed another to complete the quadrality and it

came automatically: The abuses of natural privileges develop two classes of diseases, one of which was discovered early, viz: venereal disorders, and this was seized as a new source of revenue, the priests becoming doctors. But Nature was working all this time and pretty soon the remuneration from the genito-urinary practice was too much for the good "Fathers," so many of them withdrew from the three other departments and became purely temporal workers, calling themselves Medicum Doctorum. Nature worked farther, the altruistic spirit developed in some individuals and they exposed the fallacies of the church by pointing out that while it was possible to fool the people part of the time by inducing them to believe they could forgive sins, they fell down when they undertook to cure syphilis by the same methods. These philosophers also showed that the medical doctors were equally wrong; that they could not cure syphilis either; that their drugs and experiments only developed other troubles. Many of the philosophers were assassinated, some after warnings and some without, by order of the church and the doctors. But the philosophers had taught there are natural laws, that all should feel free to study them. The grafters could assassinate individuals but they could not assassinate Nature. Still, by their machinations and show of authority they have managed to secure a continuance of ignorance and "sin," marriage and syphilis, with profit to the present day. But Nature kept on working. She has exhibited in this institution, not by "inspiration" but automatically, another feature of sex ills of far greater importance than venereal ones, and it is so simple, so provable, so beneficent, so wonderful, that it is remarkable it has not been discovered before. It covers the subject of genesiology,¹ (including the employment of sex conditions mental and physiological), hygienically as well as procreatively. As Nature ignored dogmatism, so must we; therefore we omit marriage as a natural factor and study the subject as we

study the brain, the eyes, lungs, digestive and egestive apparatuses, the nervous, lymphatic, circulatory and muscular systems. We have found that while comparatively few are the victims of venereal disorders and other products of violation of the so-called moral code, millions are victims of misuse of their sexual functions either from zealous neglect and consequent underdevelopment, or atrophy, or from over-indulgence in a manner strictly in accordance with the code, and it is a fact that probably the greatest of factors, after eye strain and wrong eating, among the primary causes of human ills, is right here. We have found that right and wrong as a moral question is one thing and as a natural proposition is quite another. Nature tells us by the effects following our acts whether they are right or wrong and if we are faithful students we learn by our experiences that in doing those things which exalt our mentalities, but not our ego, and which make us physiologically well and comfortable, we are doing right. If the reverse occurs we know we were doing wrong and we employ our intelligence to learn better ways and conform to them. We know theoretically and practically that in combating dominant ideas and practices we give offense. We know that if we expressed the whole truth in writing and circulated it as it should be circulated into every home in the "land of the free and the home of the brave" we would be arrested, tried, convicted and jailed by order of the grafters. But that would not change the facts one iota, any more than it changed them when Socrates was compelled to drink hemlock tea, nor when Cotton Mather burned heretics at the stake on Boston Common. Ours is a system of medical practice and from start to finish it is natural because it is consistent with physical laws as we have been proving for over 26 years. We are not "reformers." We are not grafters. We merely demand equal privileges with the grafters to put them out of business. The public has been opening its eyes from time to time to the outrages

which are being committed in the names of Christianity and Medicine and the proofs are evident in empty church pews and in the desertion of old school medicine; and we might mention free thought publications and the National League for Medical Freedom. Neurology offers to those who want it, not a "cure," but a prophylactic system which when practiced with reasonable consistency insures continued health and happiness; and to those who are suffering from disorders, but are not beyond the powers of natural metabolism, restoration to mental and physiological vigor.

Chemistry is that branch of physics devoted to the study of the composition of matter and the decomposition thereof. Applied physiologically it proves the law of evolution by the re-arrangement of elements which are constantly taking place and it is therefore the most important of all the branches taken up in the study of the causes of human ills. It does not follow that the technicalities of the laboratory need be carried into practice or even into the school room, because if that were true it would also follow that graduates should carry them into the sick room, when they could only take one patient at a time and would have to spend as much time on each patient as was spent in learning the technique. In the old days before we had textbooks recording the experiences of others of greater or less capacity and integrity doctors were turned out after two years in college and they were as successful if not more so, than the graduates of today. It is paradoxical that while the telegraph has succeeded the post-boy, the ocean greyhound, the junk of earlier days, the palace car, the ox cart, the automobile the horse and carriage, that while the cold storage system affords fresh fruit and vegetables the year round, all denoting progress, medicine alone of all the alleged sciences and arts is requiring more time, when of all of them, if the investigations of the older generations have been worth anything, the results should have been preserved in such form that the time required to master the

science should be shortened rather than lengthened.

Mechanics is the branch of physics which enables us to take bodies formed by chemical action and utilize them theoretically and practically, studying their forms and sometimes changing them; observing their natural motions if they have any and constructing combinations of stationary or motile utility. The subject ranges from the calculation of the evolutions of the planetary systems to the manual treatment of mechanical derangements of human physiology. In optics alone we have a branch of practice which is a special profession having most remarkable possibilities.

General is a word used in two ways: In the abstract and in the concrete.

Special is a word which applies in some instances with absolute certainty, while in others it is more or less uncertain.

Normal is a word that suggests at once a comparison, hence the necessity for a standard by which we may judge statuses. In Neurological medicine we have a physiological standard based upon our knowledge of the various fundamental subjects studied and that standard is ideal, theoretically perfect. We do not even expect to find any one coming up to it, mentally or physiologically; but by having such a fixed standard and means of measuring and analyzing we find how far each patient is from that standard, and are thus able to classify cases with reference to the high, safety, danger and low lines of each. The actual average normal condition is never up to the theoretical one.

Pathology comes from pathos, meaning pathetic or pitiful. The worst form of pathology we have found is the lamentable condition of the public mind. It is more attracted by tango than truth; it is the greatest subject of infection and the only subject of contagion. We are not pessimists, because we believe in Nature and her laws, but the business of a physician is to find faults and supply the means of

correcting them without prejudice. All other systems have given little or no attention to mental pathology because it was discovered very early that it was not diplomatic to point out the mental weaknesses of patients. We found that the interdependence existing between mentalities and physiological conditions is such that if one is involved the other is weakened. We found that mental worry from real or imaginary causes not only sours the disposition toward others but affects the temperament, which word covers the influence of the mentality upon the physiology. Any layman knows that when he is tired and hungry he is mentally irritable. We have gone deeply into this matter and have discovered that to be a physician is not enough. We must also be metaphysicians. This requires courage and that is not enough: We must be able to prove to patients that our analyses of their mental conditions are as correct as are those of their physiological states.

Diagnosis is a conglomerate word. In ancient times there was a class of people who set themselves up as authorities and described themselves as "gnostics," or men who knew all things. Some time later the negative prefix "a" was discovered and another class of people who were true philosophers and who discovered they could not know all things, called themselves "agnostics." The prefix "Di" means two, therefore interpreted literally the word "diagnostic" means "two don't know." As used in practice it indicates an opinion formed by doctors after alleged examinations and in all the old school practices treatment is based solely on this. We found that such procedure could not be rational theoretically and observations among physicians proved that it was a failure practically; then we turned to Nature, found what was lacking and adopted it as the only final means of determining what course to pursue in a case. The next paragraph tells about it.

Analysis means to resolve a subject, theoretical or practical, or a combination of both, into its elementary parts,

that we may understand the causes which produce effects. We found that in making diagnoses from appearances, history, etc., that all of them were more or less deceptive and such being the case, we were as liable to be deceived as other doctors. Then we reverted to our physics, anatomy, physiology, and we found we had means to make a number of tests, dynamic and static, and by keeping statistics from that time forward we would be able to not only classify our cases but verify those classifications temporarily by the immediate results and permanently by the final results. After 26 years we are able to pronounce ours a Mature System of practice.

Objective, diagnostic and analytic features are that we form an opinion of the condition of a patient's circulation by the general appearance; with the ophthalmoscope we analyze the arterial and venous circulation and secure other information quickly which old school doctors know nothing of as a rule and refuse to believe when told. We not only study the quality but the quantity of the blood, the size and number of the vessels and sometimes discover conditions in the eye indicating systemic poisoning in time to arrest it, when an old school doctor would not find it out until too late.

Subjectively we have a great number of tests, the results of which are employed in making our analysis, and when these check up and balance like a set of books we know we are correct in our analysis and we can proceed with confidence of success provided only that the patient follows instructions, or we can refuse the case because the analysis shows either that the case is a hopeless one, because of conditions found, or that the patient is of such a disposition that instructions will not be followed. This is why we get our fees in advance. After analysis we can tell what they will be. We know how much work we have to do because we know the law. It works, if the patient will let it, and as we can not control patients any other way we require a cash bond that they do their duty.

Mental. This word is used in anatomy referring to the point of the chin which is called the mental process. It must have been a physiognomical genius who so named it because we have found that the chin, genio, indicates intellectual characteristics, as do the mouth, nose, eyes, etc. The absence of a chin requires many good points to offset the metaphysical deficiency indicated. In forming an opinion in a case both diagnostically and analytically, we have to bear in mind constantly not only the relation of the mind to body physiology, which we classify as temperament, but we study the disposition toward us and others in settling whether we will undertake the case. If we find the patient inclined rationally we can go into more details and advise not only as to patient's duties but with reference to outside interferences by dogmatic people who want to boost some other doctor, or who are naturally meddling Matties who butt into lots of things they know nothing about. If the patient is dogmatic himself we may be able to use it to protect him against himself and others. We are able to make almost a perfect analysis of some cases by the external mental marks so that we may say the mind is one mental process but the whole face and many parts of the body display unmistakable mental signs.

Hygiene means health; hence anything that conduces to health is hygienic. There is a legion of prattlers about the "laws of health" and their prattle proves they know nothing about them. They are faddists, some from credulity, some for the easy money they can get out of it. No one can begin to comprehend the laws of health who is ignorant of physics, anatomy, physiology and their allied branches, and the doctor who spends years studying drug medicaments, bacteriology, and other medical myths of the old schools, to the absolute exclusion of the simple truths we have been referring to, comes out of school befuddled, with pointed whiskers and a vacant stare which they have made him believe is the picture of wisdom, is

really worse off than the layman because he is fool enough to take his own dope which the majority of laymen have repudiated long since. The old schools confess that their knowledge is not only weak, but unsafe, because in their "code of ethics" they teach that it is highly improper for a physician to treat his own family and recommend reciprocity between them in that respect. Ours is a system so natural that the more interested we are in a case the more we apply ourselves in emergencies, and knowing that we know more about ourselves and our families than any others could possibly know we treat our own dear ones and do it successfully. It is a pathetic situation indeed for a man to be practicing a system that he dare not employ in his own family.

Procreation means literally to repeat. It is taking the affirmative side of generation which, while the self-styled "moral" people have constantly reiterated the injunction to marry and multiply on the face of the earth, have been as constantly practicing con-creation, commonly known as race suicide. Neurology teaches Nature's truths about procreation, how to prepare for it, how to regulate the number of progeny, how to render delivery painless without anesthetics, how to avoid conception in a natural manner without the use of criminal artificial means such as is practiced by drug doctors and other professional abortionists, and as is taught in special classes in some of the big medical schools of the country. It is a fundamental truth that a child has a right to be well born and to accomplish this the prospective parents must be educated. We have nothing to tell our students or anybody else that we can not state in any company of men, women and children. Of course we have no children in our classes, but what we have to say is clean. It would shock a prude who is always unclean in mind, and it shocks those whose minds are unclean in the opposite direction, but happily their condition is not so chronic that they can not be cured of their malady—

a prude is always a prude; atrophied in body, shriveled in mind.

Inorganic is the negative of organic. There is much confusion among students with reference to the words inorganic, organic and organized. According to our system of dualities we are compelled to eliminate the word organic, and here is the reason: First, inorganic chemistry comprises the study of the laws of elements and the relations to each other in the primary state, in the earth. It includes water and air because the earth is composed of land and water, with the surrounding atmosphere. Organized chemistry is the study of the composition and proportions of vegetable and animal matter. The old schools slipped in the word organic chemistry specifying that it is "the chemistry of the carbon compounds" and they have proved by their practices that about all there is to it is the name, because they have never devoted themselves to the analysis of foods except to exploit their false notions about the carbohydrates as producers of heat and energy. They admit in their textbooks that they pay no attention to what are known as the inorganic salts, which we have found to be of infinite value and have adopted the chemistry of food as our materia-medica. Their so-called "organic chemistry" is so limited in its scope that it is of no practical value. Inorganic chemistry is a purely physical proposition, has absolutely nothing to do with medicine, except in the same manner that the laws of optics give us the principles of ophthalmology. In this sense inorganic or physical chemistry is the basis of our organized or physiological chemistry. We use the physical analyses of foods as we find physiological needs for them and by studying the properties of the various foods and observing their effects on organized bodies we have become able to prescribe dietaries with certainty because they are natural combinations while the old schools have been employing artificial combinations of elements, few of which have ever been found in the body

structures, hence must be as inimical to health as wood shavings ingested or wood splinters injected. The old schools, after saying that "organic chemistry is primarily the study of the substances which form part of the tissues of plants and animals," add that "organic bodies are not necessarily organized but that all organized bodies are organic;" thus they limit themselves to a duality unconsciously. The inorganic referring to the elements in their primary state, the organic in their secondary state, that is in plants and animals. Then they bring in the limitation of organic chemistry to the carbon compounds and talk vaguely about "organized bodies," which they say may be studied microscopically. Our proposition of an inorganic chemistry and a physiological or organized chemistry covers all theirs does and more and does it in a comprehensive and practical manner, as one illustration will suffice to prove: In all of their chemical training they omit to instruct students to consider the color, odor, quantity and frequency of discharge of urine, but they do give some simple, worthless tests and a tedious method which requires facilities few doctors possess as is shown by the patronage of the commercial laboratories. Therefore, in practice, while their graduates are waiting 24 to 48 hours for a urinal analysis, ours have changed the entire systemic condition by diet and auxiliary treatments. An amusing feature in this connection is the fact that among the old schools, polyuria is said to be significant of kidney trouble, and they having analyses made of the urine often find it normal but still insisting there is something wrong with the kidneys, they go ahead doping for diabetes, and we have known instances where they continued the treatment for as much as a year and a half without benefit, when one of our ophthalmological graduates fitted a pair of glasses and relieved the trouble in two weeks. Physicians who have taken our post-graduate course have cured cases of long standing in short order when they learned how. A noteworthy feature

of our chemistry is that we give the essential elements, iron, phosphorus, etc., in their natural combinations as inorganic salts, while the other schools use artificial combinations or single elements. For example, they dare not give more than 1-120 of a grain of phosphorus at a dose while anyone who eats four ounces of strawberries at a sitting takes nearly seven grains of phosphorous, and in such natural combinations that physiological chemistry utilizes the elements, an impossibility when given in the artificial form. A technical point might be argued here, viz: that the old school doctors sometimes prescribe natural combinations, as, for instance, common salt. When they do that, they are tending in the right direction, but most of them would give calomel, which while in one sense a natural combination, because of the physical laws, in another it is not fit for use physiologically because one of its elements, mercury, is foreign to the body composition. Again they often use bicarbonate of soda for pyrosis when salt would be the natural thing, because it would promote normal digestion by reason of its acidifying qualities, while the sodium carbonate arrests digestion because it is entirely alkaline and if continued repeatedly it develops a caustic compound so ferocious that it attacks the lining of the stomach and intestines.

Theory and Practice: This is a very common expression and yet few have analyzed it enough to understand it. The old schools teach that a theory, particularly if it is theirs, is scientific. They say that old school medicine is based upon scientific principles, while other schools are products of empiricism, implying haphazard experimentation. As a matter of fact many of us were trained pretty thoroughly in their alleged theories, but when we came to try them practically they did not work, hence we repudiated them while the orthodox-part-his-hair-in-the-middle-and-pointed-whiskers doctor still clings to his idol. Theories may be true or false and the only way to find out

which is to empiricise. In youth we get some preliminary training which we utilize with other information gathered by instruction and study to conceive systematically the probabilities of new applications of law, and in some instances we are able to know positively from what we have done in one direction, what can be done in another. But in most cases theories must be tested out practically before we are certain. The honest theorist is always an empiricist.

We hold that no one should attempt to treat human ills until he or she has been under training of a systematic nature, beginning with physical laws, and has come to know why those laws work and how to steer them physiologically. The person who practices without a sound theory is infinitely worse than the person who has a theory which has not been proved and who prefers to believe it rather than test it in practice, but he is not so bad as the person who has a theory which is proved false in practice yet still continues to practice it. We insist that the state has absolutely no right to enact statutes giving the latter class even a temporary monopoly of practice nor to restrict in any manner the progress of medical study and practice any more than it has to restrict the discoveries of inventors. Those of us who are working in earnest need not concern ourselves about competition. The more the merrier; it makes us all hustle and the devil gets the incompetent.

Skeleton: Theoretically we have in a comparatively few words the skeleton of a subject. The causes of human ills skeletonized abstractly are "nervous shock and strain." Skeletonized concretely we have "congenital, infection, malnutrition, physical shock, mental shock, physiological strain, mental strain, habits, occupation, atmospheric influences." Practically, we have the human skeleton, which in the abstract comprises only the bones. But in the concrete we find that the articulations of the bones connect not only with the covering of them but with their contents, the nervous system, lymphatic and circulatory

systems, the muscular system, the organic system and the tissue structure, so that with us the word skeleton covers the entire body, its functions, the influences on the functions, how to distinguish bad ones from good ones and how to aid Nature in maintaining the good ones in the ascendancy. For this reason we claim our system is as superior to the old schools and their imitators as the entire body is superior to the bones.

Muscle: Anatomies and most schools teach the names and functions of something over 600 muscles. They go into such great detail subdividing, etc., that they dispute one another, but they all overlook important features, one of which is the simple fact that the so-called muscular system is misleading, hence their students forget that the heart and some other organs are purely muscle, that the arteries and veins, lymphatics, intestines, various ducts and ligaments are all important muscular structures. Their practice proves they do not know these things. They have never been taught the plan of innervation of the body. They are apprentices rather than master mechanics. It is very common to meet bombastic doctors who declare that the idea of eye strain causing general chemical or mechanical disorders is preposterous, yet they will assert that stomach and other derangements easily affect the eyes, thus doubly proving their ignorance, because we can prove easily that they are wrong in both assertions.

Cerebral refers to the brain as differentiating the contents of the cranium from the spinal column, which is simply a continuance of the brain substance distributed by way of a trunk line and a multitude of branches to the remotest parts of the body, superficially and deep. This cerebral influence depends upon two important things: first, a perfectly connected and widely distributed system of microscopic tubes containing myel or marrow, otherwise the current could not be distributed; then there is the essential infinite arrangement of the batteries and their

connections in the skull with that process, subconscious and conscious, which we know as the mind. It is when we take up the preliminary study of the nervous system that we begin to awaken to an appreciation of what the expression "Infinite Creator" means, but it does not impress us as anything like a person with capacity for joy or sorrow, hilarity or wrath. All we can say is "we do not know," then we go ahead and study the practical things this Creator has placed within our reach.

Organon or Splanchnology covers the study of the viscera or contents of the body cavities from the brain to the genitals. Particular attention is paid by us to the digestive apparatus because therein lies the greatest susceptibility to disorders. As children are peculiarly liable to digestive extremes we introduce here a comparison of their ills with others and remind the students they are now studying "pediatrics." Children are so constituted that they exhibit the effects of chemical derangements more quickly and recover more quickly than their elders. Part of the intensity of their exhibit is mental, however, and it requires great discrimination to differentiate between their safety and danger lines in this respect. On general principles we regard the condition as reasonably safe so long as the child is fussy and conscious, but when one becomes unconscious, or conscious but quiet, we know there is danger. The so-called children's diseases, diphtheria, scarlet fever, measles, mumps, etc., have never been traced to a specific source, but experience has shown that when symptoms of these disorders are exhibited there is always danger whether the child makes a fuss or not; hence we devote ourselves to teaching parents the importance of learning how to live while they and their family are well. We teach them dietetics in a general way together with other hygienic measures so that they may prevent disorders and promote the development of the children. Frank but foolish old school doctors tell us bluntly that this is wrong, that the

doctors have to make a living and that if all adopted our methods in this respect the grown folks would profit by it too, and we would all soon be out of business. They do not appear to appreciate the fact that the word "doctor" means "teacher," and that when the people find their doctor is really a teacher they will willingly pay him an annual salary for teaching them how to remain well. There is room in this country for 200,000 doctors with 500 of that sort of patients each and at an average of \$5.00 a year each it would mean an income of \$2,500 if everybody went in on the deal. As there is no practical possibility of such an arrangement and as the practices of the old school doctors tend to increase the number of our patients, because there is where all the chronics come from, we are content to continue risking our professional lives by teaching people how to get well and how to keep well. The more intelligent class is always the best paying and most appreciative and it is to them we extend invitations to investigate Neurology.

CHAPTER XII.

“Propaganda For Reform.”

The amazing impudence of the organs of the various Trusts in their pretenses of protecting the public by exposing petty grafters and attacking legitimate things as “irregular” is only equalled by the marvelous stupidity of people who believe everything they read or hear through such channels.

As the title of this chapter is a department heading in the Journal of the American Medical Association (the Medical Trust—a doctor’s union) we will analyze that organ and its chief actor first:

A fair sample of the conduct of both may be found in its issue of August 30th, where it goes after “Lemmon’s Rheumatism Cure” with a big stick. It appears the secretary of a coal company in Chicago, who had what is known as “rheumatism,” went to a “regularly licensed” Trust doctor and paid for a prescription which “eliminated” his “pain” “every time it came on” for several years. Wonderful “cure” by a Trust doctor, wasn’t it? No “graft” about that—none at all. But Mr. Lemmon, probably catching on to the doctor’s scheme, and the ignorance of the craft generally, concluded he could pick up some good dollars by selling the prescription to country doctors (the impudence of the cuss!), so he sent out a lot of letters to them stating how he had acquired the prescription, testifying to its efficacy as a pain killer and offering to sell copies of it for a dollar each. This brought a storm and an “expose” in the “Propaganda for Reform” columns of the Journal of the Trust. The editor appears to have lacked acumen enough to see that he was exposing one of his own brethren as practicing a fraud when he sold the prescription to Lem-

mon which merely deadens the sense of pain but does not remove the causes of trouble, as was proved by its recurrence. The doctors who received the letters and sent them in to the Trust Boss were highly offended at having their own game tried on themselves.

The aforesaid Boss who is now in the "Reform" business was not always a "reformer," as the following affidavits will show. We print them to show the character of this director of the American Medical Black Hand Society, of Rush Medical College, which graduated him as a "regular" in a few days, some of his advertisers and a Newspaper Trust which works hand in glove with all other big Trusts and diverts attention from them by exposing "dice shooters" and petty gamblers:

STATE OF ILLINOIS, }
COUNTY OF COOK, } ss.

DR. MARGARET E. SIMMONS, first being duly sworn, reposes and says, that she is a graduate of the Women's Medical College of Chicago, Ill., and that the said College was taken over by the Northwestern University before she graduated, and that she holds state licenses to practice medicine in the States of Illinois, Nebraska and Indiana.

She further deposes and says: I was born at Mt. Vernon, Ohio. My parents moved to Lincoln, Neb., when I was about sixteen years of age. I attended the High School and State University there. * * * I became a teacher and taught in the public schools in Lincoln for ten years; seven before I was married and three afterward. The money I earned before I was married went to help my mother, except I saved enough to buy a cottage in the southern part of the city. After I was married the money I earned went to pay board and living expenses of myself and husband, George H. Simmons.

While attending the University, I met my husband, George H. Simmons, now head of The American Medical

Association and the Editor of the Journal of the American Medical Association, who was then a student in the Agricultural Department at the University of Nebraska. I had been critic of the Union Literary Society at the University and after giving up College work, I still held that position, and met Mr. Simmons quite often at the meetings.

Through my influence, George H. Simmons became jailer under my brother-in-law, who was sheriff. He held the position two years. He then spent part of a term in Hahnemann Medical College at Chicago. He returned to Lincoln for a short time and then went to St. Elmo, Colo., to practice medicine, where he remained about a year and a half. He returned to Lincoln and we were married, and came directly to Chicago for six months where my husband attended Hahnemann Medical College and graduated the next spring. We then returned to Lincoln, where he took up general practice. We bought a house of Dr. Bumstead and took over his practice when he moved to California.

George told me that he ran away from home in England. That before he came to Lincoln he had attended college at Tabor, Iowa, was registered there as a theological student, because theological students were charged no fee, and that the reason he registered as an agricultural student at Lincoln was, that they were admitted free. A baby was born to me on July 4th. Our home was a happy one for a while. We lost our baby on February 22nd, at the age of eight months. Before the death of our baby, he met a certain woman and at once took up with and spent a great deal of time with her. She had been one of my girlhood friends. My husband became infatuated with her and became a changed man toward me. He talked of her often and was cruel to me. He had been kind to me and I had tried to aid him in being successful in his work. He became dissatisfied with everything and very discontented. About three weeks after the death of our baby he said he

was going to take a trip to Europe. I tried to dissuade him, but he was determined and went. He obtained an extension of payments on our home and used the money we had saved for his trip. He left me to look after all business. I rented the house and office and went to live with my mother. I was weak and very nervous. I had been very healthy all my life and had not lost a day's time during the seven years I had taught school in Lincoln before I was married. At the time of the death of our baby I was about two months pregnant, and when the doctor planned to go to Europe I tried to dissuade him on account of my condition. He said he had planned to go and was going, and that it would be necessary for me to go back to teaching and insisted that I should not allow the pregnancy to continue. He became very unkind and abusive and said that he did not want a child as it would take up too much of my time and his, and that he couldn't afford it. He was so determined to go and became so abusive and I was so miserable that I consented to the abortion, which he himself performed on me. He said that he could now leave and people would not criticize him and that I could teach school. He left me sick and weak and without ready funds. I was so nervous that I could not sleep. Knowing that I must keep my mind occupied, I accepted a position as teacher in the public schools again. * * * I put my soul into my work and hoped that my husband would return and settle down. My health became better. My husband wrote me several times for money, but it was impossible to send any as I had to meet payments on property and felt that he had taken plenty with him for reasonable expense. He remained in Europe a year, then returned to Lincoln and we moved into our cottage and he again took up practice. I continued teaching for two more years. The doctor was always discontented and all he seemed to think of was to get money. My ambition was to have a home and children.

During the two years following his return we moved

from place to place, and he made life unhappy for me. From my mother's home where we were living we moved to our cottage, then to the office building on to which we built another room. We rented our cottage. In a few months we moved to the Institute that he opened and remained there about a year. I still taught school and helped him all I could and broke down in health. Dr. Simmons advertised a great deal and published The Western Journal of Health which was to advertise his Institution and practice. He lost a great deal of money and had to give up the Institute. Later when he quit the Institute he gathered up all the old Western Journals of Health he could find and destroyed them. He issued about 2000 of these monthly and sent them to people throughout the country.

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One day he told me that he would have to raise \$1,200.00 or go to jail and that I must get it for him. I was worried and got my mother to sign a note at the Capital National Bank and we got the money for him. I later had to borrow the money of my uncle to pay the note and then later sold the house in north Lincoln to pay my uncle.

Dr. Simmons wanted me to take a course in medicine, so I came to Chicago and wrote him that should I attempt to do the work required in two years, it would break me down. He wrote that unless I did the work in that time, I could not take it at all. I took the work and during the vacation went to Lincoln to help him with his work in his practice.

After his return from Europe I begged him for a home and children. I became pregnant, which made him furious, and he said that he did not want any children, and that he could not afford them. He made life so unbearable for me that I allowed him to abort me again. I did the best I could to prevent conception, but owing to his brutal treatment, I again conceived in a few months. He said that he could not afford to keep me unless I worked and that I

would have to keep on teaching and that he would not allow me to have a child. After several weeks of continuous abuse I consented to him performing an abortion on me, as I saw that all my pleadings did no good.

* * * * *

I was in miserable health and the effects of the abortions were terrible. After we got into our new home, I was determined to make one more effort to make him think of his duty to me and his home. During the time that passed after the death of my baby I had one continual longing for a child, and I begged him to allow me to become a mother, but he still objected. In spite of his objection I conceived again and determined to go through with it at any cost and have a baby to love. As soon as he learned the truth he made life one continual hell for me and threatened to sell the home. He said that he did not want a child by me. This made me bitter and I concluded that it was not best to bear a child that might inherit the instincts of such a man, and I asked him to abort me. Twice after this I became pregnant and he aborted me. He was brutal to me in our private life, and treated me as a slave. I was too proud to tell any one and bore up as best I could.

After my graduation I went to Lincoln and took up practice with my husband. Later he went to Chicago to attend the Rush Medical College. He remained there but twelve days and returned home and told me that he had arranged to take his course by having some one answer roll call for him but that he would go back at the time of the examinations. He went back at the time of the examinations and returned with a Rush Medical College diploma. He was gone only a few days. I lived with him about a year after this. No woman ever passed through such a hell as he made for me. He said that he wanted me to get out of his life. Every morning he would say that he wished I was dead and out of the way, so that he could marry

I was sick, weak and miserable—I went to the Advent Sanitarium at Mt. Vernon, Ohio, at the request of my husband and remained there about two months. He was anxious for me to go and for me to get out of Lincoln. After I got to Mt. Vernon my husband wrote for me to remain six months, and also wrote Dr. Place, who was in charge of the Sanitarium, to try to keep me there as long as he could. Dr. Place was anxious to do this as they had but few patients.

When I took up teaching while Dr. Simmons was in Europe, my health improved, but after his return, and his aborting me so often and my worry because of his abuse, I became subject to very severe nervous headaches. He gave me medicine to take for these headaches and to take to prevent them when I felt them coming on. One day I gave one of the powders he had given me for these headaches to a patient of Dr. Paine. The patient was in the office waiting for Dr. Paine and had a severe headache. It relieved the patient quickly and the patient wanted to get some of the powders. Dr. Paine asked me what I had given the patient. I told him I didn't know, but showed him the powders. He said, "That brute is giving you morphine."

I continued teaching, and when these headaches would come on I was forced to take these powders to get relief. Under the direction of Dr. Simmons I became addicted to the use of morphine. Dr. Simmons confessed to my mother that he was to blame for my forming the habit. I tried to keep from it, but in my poor health and my misery from the hell my husband's acts caused, I was helpless.

When I left Lincoln and went to Mt. Vernon for treatment, Dr. Simmons wrote me several times I should remain there six months at least and that if I left I would be sorry for it. He also wrote Dr. Place to keep me there several times. Dr. Place tried to keep me prisoner and to even prevent me writing letters, and was very gruff and unkind

to me, so I decided to leave. Dr. Hubbard, his assistant, was kind to me, and George Irwin, an old friend of my father's, who was president of the Sanitarium Association, was good and kind to me. I was weak, sick and miserable. I weighed about 90 pounds. My normal weight was about 130 pounds. I saw that Dr. Place was not trying to cure me, but only wanted to keep me there, and I told Mr. Irwin that I wanted to return home and he came and took me and my trunk to the station. I came to Chicago and at once wrote my husband that I was in Chicago and for him to send me money so that I could return to Lincoln. I at once got an answer telling me that he did not want me to return but that he wanted to get a divorce. He said "Don't you dare to come back here," and "Don't you dare to fight the case as I don't want you and I want to get a divorce."

I received a copy of the complaint by mail. It stated that the reason my husband asked for a divorce was that I used narcotics continuously. Attorney Stewart of Lincoln was in Chicago. * * * He said my mother had asked him to act as my attorney in the divorce proceedings. He said that Dr. Simmons could not get a divorce on the grounds in the complaint. He advised me, however, to allow him to get the divorce. I refused to do so and told him that my husband had no grounds whatever on which he could divorce me. Later Mr. Stewart sent me an answer to the Complaint for me to sign before a Notary Public which I did and sent it to him. I never got further information of any kind until I was notified that my husband had gotten a divorce. During all this time I was sick, weak and miserable and was trying to rest up. The divorce was obtained by fraud, as I at no time gave my consent to his obtaining the divorce and have several times since been promised aid to attack the same on the grounds of fraud but have been deceived by attorneys and especially by Dr. W. C. Abbott of the Abbott Alkaloidal Co. * * *

I have this day read the certified copies of the Court records of the divorce obtained by my husband and will say that I never saw nor knew the contents of the Complaint upon which the divorce was granted, and which complaint was substituted for the Complaint sent me as shown by these records. The answer that I signed was made in answer to the first complaint, and for which the second complaint was substituted. The claim of cruelty is absolutely untrue. I was all a woman should be and did all kinds of work to aid my husband even to the caring for the horse and taking the horse and buggy to the office for him. Every one who knew us well knows the claim of cruelty to be untrue. He surely would have complained had I been cruel during the eleven years of our married life, if true. It seems peculiar that I became miserable and broken in health and he strong and healthy. He was the cruel one. He told me during the last year I lived with him that the only reason he ever married me was so that he could get into the society which would aid him to get a practice.

Before I left Lincoln for Mt. Vernon the last time, I had sold our house and paid off all the debts of George H. Simmons and myself, and there was the sum of Twelve Hundred Dollars on deposit in the Capital National Bank which belonged to me as through all our transactions the deals had been made with the moneys from the sale of property I had owned. I had never received any of this money, but it was taken and used by my husband. We had an account against which we both issued checks. The only moneys I have ever received from George H. Simmons was a paltry forty dollars per month as alimony for a period of one year, which I took to keep from starving as I was weak and sick.

I have seen the photographic reproductions of the advertisements of Dr. George H. Simmons and the Lincoln Medical Institute as taken from the Lincoln papers, also

the reproductions of the originals of death certificates and prescriptions by photographic copy as reproduced in the VOICE of the Retail Druggists, January 1910 number, as published in New York and will say that they are absolutely true. One of these advertisements, which reads: "A limited number of lady patients can be accommodated at my residence," did not arouse my suspicions at first, but as I became acquainted with things medical in helping my husband, and one peculiar thing happened which I will recite later, and I had studied medicine and graduated, I know these special cases were abortions. The peculiar case referred to was when, one Sunday morning, while my husband was still in bed, I answered a knock on the door. A man asked for Dr. Simmons. I told him he could not see the doctor then. He handed me a package and said I should tell the doctor that his wife was all right now. I found a vaginal speculum and a uterine probe in the package. I asked my husband why he let the man have such instruments; he said the man used it on his wife as she didn't want any more children. Women from other towns would come at long intervals for treatment. I even then wondered how they could get well by one or two treatments. I did not then know the nature of those cases, but as I studied and recalled many of the cases I know they were abortions.

I further swear that I gave Dr. W. C. Abbott, of the Abbott Alkaloidal Co., of Ravenswood Station, Chicago, Ill., all the above information and other detail information in the form of an affidavit about five years ago. Dr. Abbott and his representative told me that Dr. Simmons had attacked their business through the Journal of the American Medical Association and would not take their advertisements and that Dr. Simmons ought to be deposed and that they would use the information I gave them to publicly show Dr. Simmons in his true light. Dr. Abbott also promised that he would

personally help me to get what was right from Dr. Simmons because of his failure to return me the twelve hundred dollars of mine that he took from me in Lincoln. He also promised me that he would hire a lawyer at his own expense to fight the fraudulent divorce and make my husband give me a home. * * * He said that as Dr. Simmons was trying to ruin his business if he could get his advertisements into the American Medical Journal and get the recognition of the Council of Pharmacy and the American Medical Association it would be worth one hundred thousand dollars to him. A short time afterwards his advertisement appeared in the Journal of the American Medical Association. Dr. Abbott said that he had looked up all the information I had given him and found it absolutely true. Dr. Abbott never lived up to his agreements in any way and I have never been able to get any satisfactory answer from him why he did not do so.

I am now practicing medicine at 1518 West Madison Street, Chicago, Ill.

(Signed), MARGARET E. SIMMONS.

STATE OF ILLINOIS }
COUNTY OF COOK. } ss.

MRS. MARION MITCHELL, wife of George Mitchell, of 1527 West Madison Street, and formerly of 1518 West Madison Street, Chicago, on oath deposes and says: That I am well acquainted with Dr. Margaret E. Simmons and have been for about five years, and that I occupied the same flat with her at 1518 West Madison Street about five years ago, and that Dr. Margaret E. Simmons attended my husband who had an abscess on his leg. Dr. Margaret E. Simmons has been our family physician from that time until now.

I became acquainted with Dr. W. C. Abbott, President of the Abbott Alkaloidal Company, of Ravenswood, Chicago, when he called to see Dr. Margaret E. Simmons about matters pertaining to her difficulties with her husband,

Dr. George H. Simmons. Dr. Abbott came many times to see Mrs. Simmons. * * * His young lady stenographer came with him at different times to our rooms at 1518 West Madison Street, and also came over to our flat at 1527 West Madison Street, to which we moved, and where Dr. Margaret E. Simmons roomed with me. Dr. Abbott would always pat Dr. Simmons on the shoulder and was very kind to her on each of his visits and later sent medicines and medicine case, and a lot of paper and envelopes with her name and address printed on, he also sent many magazines.

I read a number of letters from Dr. Abbott to Mrs. Simmons and also her letters to him. Dr. Margaret E. Simmons and I often talked of the matter. Dr. W. C. Abbott said that it was worth a great deal to him and his Company's business and that it would only be a short time before Dr. Margaret E. Simmons would have plenty of money and that he would look after the matter and see that her husband, Dr. George H. Simmons, would do the right thing by her. Dr. Abbott said that she ought to have Fifty Thousand Dollars alimony. * * * Dr. Abbott said that it would be an easy thing for him to get that much for her—that he would hire a lawyer at his own expense and attack the divorce that Dr. George H. Simmons got through fraud and make Dr. George H. Simmons pay her big alimony. He said that he would make George H. Simmons pay back to Mrs. Simmons the \$1,200 he took from the bank at Lincoln, Nebraska, which belonged to her. Dr. Abbott said that the information that Mrs. Simmons had given to him would be published as his stenographer had taken it down. * * * He said that there was no punishment too severe for a man who had treated a woman as Dr. George H. Simmons had treated his wife. He said that the publishing of the information would ruin Dr. George H. Simmons and would put him out of business—that it was worth more than \$5,000 to the Abbott Alkaloi-

dal Company to get this information, and that he would see to it personally that Mrs. Simmons would get a home and justice done her at his own expense.

Dr. W. C. Abbott told me that he would buy me a new suit for my kindness to Mrs. Simmons and to him, but I never got the suit. Dr. Abbott said that Dr. George H. Simmons was trying to ruin the business of the Abbott Alkaloidal Company and that he had already injured his company to the amount of One Hundred Thousand Dollars, because Dr. George H. Simmons had taken the Abbott Alkaloidal Company's advertisements out of the American Medical Journal—he said that it would be worth at least that amount if he could force Dr. George H. Simmons to take his advertisements again.

Dr. W. C. Abbott took a lot of Dr. Margaret E. Simmons' time and his stenographer came often and took a great deal of information in short hand—she would then go Dr. Abbott's office and write it on the typewriter.

Dr. Abbott came over to our new flat at 1527 West Madison Street, and told Mrs. Simmons in my presence that he had investigated the information that he and his stenographer had taken from Mrs. Simmons, that he had gone to Lincoln, Nebraska, and found that every word that Mrs. Simmons had told him was true—he said that Mrs. Simmons had a most remarkable memory and that many people in Lincoln had repeated facts to him almost word for word. He said that Mrs. Simmons certainly had many friends among the best people in Lincoln, and that he found her reputation in Lincoln to be above reproach, but that her husband, Dr. George H. Simmons, had few, if any, friends in Lincoln. Dr. Abbott told me that all the statements that Mrs. Margaret E. Simmons had made to him and his stenographer he had found to be absolutely true while in Lincoln. Dr. Abbott said that he had placed the divorce case in the hands of a lawyer at Lincoln, Nebraska, and that he (Dr. Abbott) would look after the matter

himself at his own expense. * * * I heard him promise Mrs. Simmons that he would aid her and protect her in every way. Dr. Abbott said that Mrs. Simmons needed a home where she could live in comfort and told her to look one up. He always talked nice, and I thought he was going to do wonderful things for Mrs. Simmons, but all of a sudden Dr. Abbott stopped coming to see Mrs. Simmons and never helped her after that.

When Dr. Abbott returned from Lincoln he called. I heard him tell Mrs. Simmons that it was a shame that a woman of so high a character and ability should be dragged down and her life ruined by such a man as that scoundrel, George H. Simmons.

I have known Dr. Margaret E. Simmons in her practice which is mostly among poor people, and God knows she is an angel to all these people—no one is too poor to get her to care for them—she is honesty itself and kind to everyone—I have never heard one word against her, and everybody is her friend. * * *

MRS. MARION MITCHELL.

STATE OF ILLINOIS }
COUNTY OF COOK. } ss.

Personally appeared before me, on this 11th day of April, 1913, Mrs. Marion Mitchell, who is personally known to me to be Mrs. Marion Mitchell, who says that she dictated and has read the above affidavit, and that the same is true to the best of her knowledge and memory.

Signed and sworn to before me on the above day and date.

HENRY FASH,

[SEAL]

Notary Public.

These affidavits were presented to members of the A. M. A. at the Minneapolis meeting in June, 1913, and Simmons was deposed as Secretary but elected as "Editor and General Manager" by the society. Is he not a pretty specimen to run a "Propaganda for Reform?"

In an effort to monopolize old-school educational facili-

ties, this Boss, through arbitrary classification of medical colleges in his Journal, through the "Association of American Medical Colleges" and through legislation in several states seeks to put a lot of them out of business, by demanding a longer term, "higher requirements" for admission, etc. But funny things are happening:

While he classifies Rush and the Northwestern as the only real schools in Chicago, the Chicago College of Medicine and Surgery, affiliated with Valparaiso University, ran away ahead of Rush last year, leading by 220 students, and little old Bennett, of Loyola University, led the Northwestern by 199 students. The Boss says in his Journal: "An institution to be ranked as a medical college must have at least six (6) professors giving their full time to medical work," etc. A cheerful idiot's confession that the boasted "250 professors and instructors" of Rush, et al., are pure humbug. Just think of six (6) professors for 422 students at Rush and six (6) professors for 196 students at the Northwestern, and six(6) professors for 642 students at the Chicago-Valparaiso school, etc.

The Northwestern advertised recently, in the Chicago Daily News, that its requirements for admission include qualification in "Strong Traditions." They should have added "Esop's Fables" and "Mother Goose Melodies."

It is all due to the Medical Trust tactics of persecution that the iniquitous dental, osteopathic, optometry, and other "laws" are on the statute books, each one of which laws "licensed by exemption" such chaps as G. L. Schneider, of Berkeley, California, president of the "American Association of Opticians" who sent a letter recently to "all state association presidents" to which he added this postscript: "I am glad there are at this writing thirty states with optometry laws; but still the question is asked: 'What do we get out of organization?' I can hardly conceive of any of our people being 'myopic' enough not to see that if it were not for organized effort there would be no opto-

metry laws in the country and optometry itself would still revel in the gutter."

"Revel in the gutter" is rich; but the entire postscript shows the spirit of monopoly, and the conduct of grafting boards demonstrates the evils constantly being done the public by restricting competition.

The only way to force doctors to educate themselves up to date is to force them to compete with any sort of pretender who wants to practice. If the pretender is a fraud he will soon be forced to quit. If he does good the public will benefit. If he does harm, the victims have recourse to the courts, and, if necessary, to vigilance committees.

We have no use for "Chiropractics," for example. We will not receive one in our school because we have found that people who are in that work haven't mathematics enough in their make-up to master our work; but we would not ask a law to assume they are criminals. If they can do any good let them do it; if they do harm let their victims make them pay for it. The same is true of Christian Science and everything else—even including those humbugs, patent and prescription medicine.

This is an age of progress. "Reformers" are anti-progress every time. But natural law will prevail and it will be the survival of the fittest after all.

Now a word about the Newspaper Trust. We have a bad one in Chicago. The old-time axiom "molder of public opinion" struck in and developed a new one; "wielder of the ax." If the Trust be not permitted to run everything it will wade in and smash everything it can.

This year the "world's greatest newspaper" has been "exposing" the National Association of Manufacturers and members of Congress. It has also "exposed" a few gamblers who incurred its displeasure. One of its reporters went armed—contrary to law—on one of its "exposing" expeditions and shot a man who objected to being photographed on the street. It has "exposed" some violators

of the Mann act and has, no doubt, done some good. But be it known here and now, that if all sorts of proofs were presented to the black-hand manager of that "world's greatest newspaper" that the worst traffickers in women are the big department stores, he would not print a line of it, because, forsooth, the advertising of those big stores withdrawn would kill his "world's greatest newspaper" in sixty days.

Were it not that it would involve the names and time of women who cannot afford it, pecuniarily, we would give in detail the particulars of a recent occurrence at one of the big stores which is an exhibit of what is going on all the time, we are informed, and anyone can get the evidence who is willing to take the trouble to do so—even the "world's greatest newspaper."

Briefly, a girl, working for \$8 a week and paying all her living expenses, was approached the first week by her department manager who offered to be her "friend"; she refused. Others approached her and were turned down; even other women in her department importuned her to be a "good sport"; she refused and attended her work so well that she was promoted, without an increase of salary, however. Finally an opportunity occurred for her to leave the city, which she desired very much to do because she could better herself. At first those above her in the department recommended her highly and even offered her more wages to remain; but finally, when they found she was determined to go they not only took back their recommendations but informed her prospective employer that she was an immoral woman. One of the men who thus branded her was one of the men who wanted to be her "friend." He is a highly moral (!) scoundrel who thus gets even with those who will not accede to his wishes. Happily his story, and that of another woman in the store, fell on deaf ears and the girl has a good place and a good home.

Does the "reformer" Tribune dare go after the department stores and other big employers of young women, or will it stick to its crusade against little cigar store and saloon gamblers—who do not patronize its advertising columns?

The Ministers Trust praises the Tribune for its "reform" spasms and the black-hand manager prints their stuff as "news." Does any Chicago minister or set of them dare expose from the pulpits the conditions in the department stores?

Beware of "reformers." They are the damnedest rascals of all.

SOME OF OUR GRADUATES.

Dr. G. S. Ames, DeFuniak
Spgs., Fla.

Dr. W. F. Aydelotte, Dixon,
Ill.

Dr. A. M. Bancroft, Salem,
Ore.

Dr. W. E. Bargar, Sycamore,
Ohio.

Dr. G. C. Bates, Alliance,
Ohio.

Dr. D. S. Binford, 1512
Arapahoe St., Los Angeles,
Calif.

Dr. S. M. Bishop, Lockwood,
Mo.

Dr. G. H. Brower, 6 E. 5th
St., Dayton, Ohio.

Dr. J. W. Buchanan, Dickson
Bldg., Norfolk, Va.

Dr. J. C. Buchanan, M. St.
N. W., Washington, D. C.

Dr. J. J. Buswell, 1115 3rd
Ave., Salt Lake, Utah.

Dr. C. O. Buis, McLeansboro,
Ill.

Dr. W. C. Carroll, Lebanon,
Ky.

Dr. J. J. Chapman, Keokuk,
Ia.

Dr. C. W. Crosby, 3310
Harrison St., Kansas City, Mo.

Dr. D. W. Davis, Six Mile
Run, Pa.

Dr. F. H. Day, Prineville,
Ore.

Dr. F. Donnell, 809 Sabuttus
St., Lewiston, Me.

Dr. Anna Downs, Union-
town, Pa.

Dr. A. O. Elliott, Savanna,
Ill.

Dr. Mary Fargeman, Fergus
Falls, Minn.

Dr. St. G. Fechtig, 37 Madi-
son Ave., New York City.

Dr. E. W. Feige, Huron,
S. Dak.

Dr. T. Finlinson, Box 234,
Idaho Falls, Ida.

Dr. C. N. Frantz, Salem,
Ohio.

Dr. W. A. Fraser, Osage, Ia.

Dr. A. C. Fuchs, Grand Ave.,
Milwaukee, Wis.

Dr. T. H. Gadson, Mining
Exeg. Bldg., Denver, Colo.

Dr. J. Garstiek, Niles, Ohio.

Dr. L. O. Ginn, Alleghany,
Va.

Dr. R. Glaze, Bisbee, Ari-
zona.

Dr. C. L. Gray, Lebanon,
Tenn.

Dr. D. M. Grinnell, No.
Yakima, Wash.

Dr. C. W. Harper, El Campo,
Tex.

Dr. R. H. Haverson, 892
Broad St., Newark, N. J.

Dr. F. S. Hayes, Conroy
Bldg., San Antonio, Tex.

Dr. J. S. Hedges, 7404 Lex-
ington Ave., Cleveland, Ohio.

Dr. Carl Hoerz, Little Falls,
N. Y.

Dr. A. Houtenbrink, 651 E.
7th St., So. Boston, Mass.

Dr. H. H. Hovda, Minot,
N. Dak.

Dr. R. G. Hugo, 3118 E.
Jefferson Ave., Detroit, Mich.

Dr. W. J. James, Excelsior
Spgs., Mo.

Dr. T. C. Jordan, Smithfield,
N. C.

Dr. E. L. Karnes, Carlin-
ville, Ill.

Dr. J. G. Kenline, Ocean
Beach, Calif.

Dr. H. P. Kennedy, Tusca-
loosa, Ala.

Dr. G. B. Kirkman, Kinston,
N. C.

Dr. F. A. Kloke, 35 Grove
Ave., Elgin, Ill.

Dr. Otto Klug, Ellensburg,
Wash.

Dr. R. Koerber, Ft. Wayne,
Ind.

Dr. E. LeClair, 605 Euclid
Ave., Cleveland, Ohio.

Dr. J. C. Lepler, Watertown,
S. Dak.

Dr. K. P. McNaughton, B. F.
Coulter Bldg., Los Angeles,
Calif.

Dr. R. T. McNair, Emporia,
Va.

Dr. T. H. Miller, Fairmont,
W. Va.

Dr. J. L. Murphy, Livingston,
Mont.

Dr. C. H. Nerbovig, Manka-
to, Minn.

Dr. D. R. Paine, 718 Kansas
Ave., Topeka, Kans.

Dr. A. M. Peters, 17 E. Ma-
honing, Danville, Pa.

Dr. W. E. Petty, Mt. Peasant,
Tenn.

Dr. R. Pfister, Sheboygan,
Wis.

Dr. F. W. Platt, Mansfield,
Ohio.

Dr. S. R. Quigley, 403 Cent.
Nat. Bnk., Peoria, Ill.

Dr. M. O. Ranoe, 312 Medi-
cal Blk., Minneapolis, Minn.

Dr. F. B. Rebman, Stam-
baugh Bldg., Youngstown, Ohio.

Dr. J. E. Rice, Vancouver,
Wash., 203 U. S. N. Bk. Bldg,

Dr. J. H. Robinette, Conway,
Ark.

Dr. C. H. Rudd, Chamber
Comm., Richmond, Va.

Dr. E. A. Seelye, Prudden
Bldg., Lansing, Mich.

Dr. E. S. Sherrard, Sydney,
Nebr.

Dr. H. H. Speed, Rushville,
Ill.

Dr. R. Starcke, Beaver Falls,
Pa.

Dr. W. A. Small, 11 Devoy
Bldg., Ironwood, Mich.

Dr. H. M. Steetle, 710 Bel-
mont, Caldwell, Ida.

Dr. L. R. Stevens, Kinney
Bldg., Newark, N. J.

Dr. H. P. Sutton, McCook,
Neb.

Dr. A. H. Taylor, Goldberg,
Bldg., Detroit, Mich.

Dr. M. M. Tinsley, Welch,
W. Va.

Dr. H. P. Tournier, Bloom-
ington, Ind.

Dr. A. E. Trask, Galesburg,
Ill.

Dr. A. L. Tucker, Connells-
ville, Pa.

Dr. W. Van Steenberg, Si-
oux Center, Ia.

Dr. F. A. Wambold, Lancas-
ter, Wis.

Dr. A. M. Ward, Abilene,
Kan.

Dr. E. A. Weiss, 832 Hamil-
ton St., Allentown, Pa.

Dr. C. Whalen, 17 E. Kings
St., Lancaster, Pa.

Dr. C. J. White, Rolfe, Ia.

Dr. T. H. Wilson, Warren,
Ohio.

Dr. B. Wilson, Salem, W.
Va.

Dr. F. E. Weeks, 210 Percy
St., Elgin, Ill.

Dr. Anna Carter, 6131 Wood-
lawn, Chicago, Ill.

Dr. A. V. Griffith, 4317 W.
Mad. St., Chicago, Ill.

Dr. H. B. Kidd, Williams
Bldg., Vancouver, B. C., Cana-
da.

Dr. Geo. A. Kuenzig, Girard,
Pa.

Dr. J. T. Jackson, Wood-
lawn Pa.

Dr. E. A. Burke, 619 Locust,
St. Louis, Mo.

Dr. C. W. Burkhart, 2700 E.
3rd St., Dayton, Ohio.

CHAPTER XIII.

Inspired by President Wilson's Sickness.

When President Garfield was shot by Guiteau and lay for weeks at Elberon, New Jersey, the doctors in charge of his case made fools of themselves and disgraced their profession in their wild ambitions for advertising which their code of ethics has always taught is undignified. The gang have kept it up ever since and have gone so far as to have a presidential physician. Dr. Wood was made a General in the army, after which he abandoned his profession, and accomplished more by his sanitary measures in Havana, Cuba, when he put in drainage and did away with the causes of yellow fever and mosquitoes, than all the health boards of North and South America ever accomplished. All doctors are not damned fools and General Wood has proved my point, therefore I find pleasure in hoping that the Republicans will nominate him for President in 1920. Having unusually good sense he will be able to dispense with the White House physicians, the Medical Trust and take care of himself.

The present incumbent, in President Wilson's case, is "Admiral" Grayson who, I understand, has never had any naval training. His actions, and those of his colleagues, presumably called in by him for the same old advertising purposes, have demonstrated the incompetence of the average Trust doctor. Of course it is only fair to concede that they have had a very peculiar patient. Mr. Wilson appears to be obsessed with the idea that the executive has sole control over treaties and United States business in general, while a very large number of citizens, who are familiar with the history of the country are in a state of alarm lest his acts during the past year precipitate not

only this country but others into almost insurmountable difficulties. He may be aware of the possibilities to himself, but when his physicians have undertaken to dictate to him and have succeeded in keeping him from work they have opened the way for his opponents to circulate news suggestive of insanity which I do not believe are warranted by the facts for two reasons: First, Mr. Wilson has belonged to the pedagogic class for many years and when he turned to politics has been so successful in winning New Jersey and the country; second, after my little accident in July the Medical Trust doctors who had something to do with the case, told me in brutal language, when I proposed to leave the damned grafting hospital crowd, come home and go to work, finishing this book, etc., they would send me to Kankakee or Dunning insane hospital. All of this was based on my physical resistance to some of their surgical methods, all of which were foolish and entirely without warrant. I came home after telling them that if they undertook any such crooked work I would send some of them to the penitentiary, or, failing in that, I would fight them to death. I began work by limiting myself to what our System of Mature Medicine teaches and in eight weeks I have finished the book, with this little chapter, prepared copy for the next issue of Mature Medicine, made up a lot of sleep I lost at the hospital, nearly restored to normal the bad arm I got in my fights with their bullies, and have gained thirty-six pounds; I want to say right here that our school has graduates near Washington who are competent to take President Wilson's case, treat him respectfully and sensibly, and by our Neurometric methods of measurement and analysis show him exactly where he stands physically and metaphysically, then permit him to use his own judgment about working.

The suggestion inspired by the situation has to do in a general way with that branch of our Neurometric

work designated "disposition and temperament." It is possible for these two characteristics to be found different in some cases, but as a rule they are alike in the respect that a person of good temperament is usually of good disposition. The President's disposition, that is his attitude toward others, does not impress us as being better than very medium—we classify as good, fair, medium, and bad. Such being the case it is very likely we would find a dubious temperament, that is he would be unreasonable in caring for himself; but that is no reason why we should conclude he was insane. We have taken many such cases and made very well and rational people out of them.

The attitude of Congress toward the President is more suggestive of insanity than anything he has done is. The Senate should have repudiated his treaty the first day after it was presented or have endorsed his acts and taken the consequences. The people of this country are of several classes: first, we have unscrupulous wealthy interests who would establish a monarchy here that would outshine that of old Bill Hohenzollern and soon develop an era such as they had in Russia when they killed Czars; the next class is, the black-leg politicians who have been infesting Congress and other legislative bodies for the last three decades; they are known as "pork-barrelers"; another class comprises the majority of labor unions and the "reds" who have infected them mentally with an incurable disorder that is sure to bring not only to them but to the whole country a series of disasters which will not abate until they are exterminated; a fourth class includes all of us who, loving our fellow creatures, loving health and happiness and being satisfied with the share we naturally get, would not fit into any other classes—we are in one respect like the Chinese who have shown marvelous tolerance to the abuses by other nations for generations but who are now on the verge of an uprising

which, when it occurs, will teach the bull-dozers a lesson.

Incidentally, we are reminded daily by the news reports that the war is not over and Germany has not been whipped a minute. Her people and their sympathizers are as treacherous as ever and as determined to yet see "der Tag." While his critics are roasting Mr. Wilson I can't see why they don't hit the English and French managers. Were it not that I despise the old scoundrel so, I might wish to see him in power about twenty-four hours, in which event I would bet a good deal that he would demand the Presidents of the United States and France and the King of England, and he would execute them as he should have been executed long ago. Those of us who have lived as long as President Wilson has, or longer, and have been situated to observe events and read history would be very dumb indeed if we did not arrive at some of these practical conclusions. As long ago as 1904 August Bebel, a noted German writer, in a book entitled "Woman under Socialism" proved himself a philosopher in the true sense of the word, "lover of truth," and he also proved himself a man of thought and action when, after frank criticisms of the "wholly unnatural state of things" produced by the profiteers and the heads of the government, he predicted thus: "If some day this tremendous apparatus is set in operation—when the hostile forces of Europe will take the field with twelve or fourteen million men—the fact will appear that it has become uncontrollable. There is no general who could command such masses; there is no field vast enough to collect and set them up; no administrative apparatus that could nourish them for any length of time. If battles are delivered hospitals would be lacking to shelter the wounded; the interment of the numerous dead would be an impossibility." He predicted "the next war is the last war," and several other events which have occurred; but he predicted that "the political and military state of Europe has taken a development that

cannot choose but end in a catastrophe which will drag capitalistic society down to its ruin. Having reached the height of its development it produces conditions that end with rendering its own existence impossible; it digs its own grave; it slays itself with the identical means that itself, as the most revolutionary of all previous social systems, has called into life." The last quotation shows Bebel to have been misled by his socialistic associates. It is one of their hobbies which appears "red" to me, because they hope for the destruction of the profiteers and militarists individually. The class to which I belong takes a different view. We know that Bolshevism was the natural product of Czarism, but we can't see that it improves matters any. We have no use for the Wall street crowd who control the American press; no sympathy with the hay-seeds in Congress and Legislatures who do the bidding of bosses; we despise the strikers in mines and elsewhere as idiots who imitate the tactics of Wall street but have added a thirst for blood which makes them dangerous, and if the former brand of "society" is annihilated its successor will be the most diabolical imitation the world has ever seen.

In another chapter I have submitted a biographical sketch with an explanation for the offense. I revert to it here merely to say "I am a graduate of the case"; I have had about fifty years of experience as an observer, employe, employer, but I have never had the slightest desire to be a leader among mankind—the reason for that is I have seen the ambitious ones reach the pinnacle of success and then seen them fall deep in the mud and I said, "there's nothing in it." In pursuing my studies for many years as a newspaper man and teacher since 1880 I have found it continually impressed upon me that if I can talk and write and print such things as will make people think for themselves I have done all that can be required of me.

CHAPTER XIV.

Economic Situation in America, Nineteen-nineteen.

This year is the record one for all history to date, for economic disturbances. First, the scandals in connection with the management of the war expenses, the arbitrary commandeering of the railways, telegraphs, telephones and cables. Second, the "peace" wrangle, extending over months. Third, the "League of Nations" farce. Fourth, the profiteers, from the traitors who robbed the Government on badly filled contracts at outrageous prices, to the food profiteers, who destroy a large per cent of the foodstuffs in order to hold up high prices for the balance. Fifth, the anti-liquor fanatics, politico-moral tactics. Sixth, the woman's suffrage agitation. Seventh, the I. W. W. bombing outrages and other "propaganda." Eighth, the attempt of organized labor to control everybody and everything, work six hours daily, five days in the week and draw as wages what would be double pay for ten hours daily, six days in the week.

Just think of a milk-wagon driver being paid \$35 per week and a commission! Think of a bum plumber getting 70 cents to \$1.00 an hour for the same work his father was glad to do for \$3.00 a day!

Reference to statistical tables shows the number employed in the following branches of industry:

Bakers.....	89,000	Carpenters.....	817,000
Barbers.....	195,000	Cooks.....	450,000
Blacksmiths.....	240,000	Compositors.....	127,000
Brakemen.....	92,000	Conductors.....	125,000
Butchers.....	124,000	Engineers.....	187,000
Cabinet makers....	41,000	Electricians.....	135,000
Candy Makers.....	30,000	Hostlers.....	63,000

Janitors.....	113,000	Plasterers.....	47,000
Launderers.....	111,000	Plumbers.....	147,000
Machinists.....	487,000	Porters.....	84,000
Masons.....	170,000	Pressmen.....	20,000
Miners.....	965,000	Roofers.....	14,000
Molders.....	121,000	Sailors.....	46,000
Motormen.....	60,000	Stonecutters.....	35,000
Musicians.....	139,000	Switchmen.....	85,000
Painters.....	335,000	Teamsters.....	409,000
		Total.....	6,153,000

The entire population of the United States is over 100,000,000. Those engaged in farming alone are 5,865,000. Salesmen and women, 921,000. Teachers, 600,000. Book-keepers, 486,000—four items, aggregating, 7,692,000, none of whom are habitual strikers; nearly three-fourths being producers of foodstuffs; the rest consumers, who have to join the other 90,000,000 population in paying the damages resulting from the disorders of the anarchistic few out of the total six millions of trades workers who are to be charged with nearly all disturbances.

A labor union is no more un-American than any other union for selfish purposes; but, unfortunately, being conducted by shrewd, ignorant men, they not only rape the public but outrage the rights of individuals to seek health and happiness, without paying tribute to any save the country which guarantees those rights—and doesn't make good.

One of the bad features of unionism is the example they set to others, merchants, for instance, who are organized secretly, because of the "laws" in restraint of trade, and manage to hold prices of commodities above all reasonable limitations, rendering inferior service in the matter of quality of goods sold.

Another is the domination of Greeks, Italians, and other foreigners, in the markets of cities, large and small. Not

only in the towns, but in the gardens, they rule. California is overrun with Japanese, other states by non-citizens, who expect to make their fortunes here and go back to their own countries, where they can imitate the millionaires of this country in the practice of snobbery.

Another is the out-and-out criminal element among the foreigners, which commits nine-tenths of the felonies. The police records are replete with unpronounceable names of "skis," "witches," "aks," etc. Many of them have the right to vote, on pretense of becoming permanent citizens, and the political "American" traitors use them to win elections; hence, no laws restricting immigration can be secured, unless the American people abandon the old parties and vote solidly together.

Another is the "lodge" business. I have been a Mason thirty-eight years, and know from experience and observation that, while they have their good features, they are bad on general principles. The Catholic church fought them for centuries, then organized the Knights of Columbus thus repudiating its own principles. Members have had no compunctions in telling me they all vote as one man, on the instructions of the priests. Happily, all the other secret societies are arrayed against them, and some of the harm which might otherwise be inflicted is aborted; but that does not save the country from possibilities. They are as un-American as the labor or medical or capital unions. The "oaths" administered to members are relics of barbarism and are constantly violated in their treatment of one another, as well as in their conduct toward outsiders.

Another is the untaxed church property, secured by the avaricious and unscrupulous "union" principles. While thus protected, they all proceed to tax members to the limits of their capacities—all in the name of "God." We were told by Doctor Benjamin Rush, at the time the Constitution of the United States was adopted, that there should not be tolerated any state religion or state medicine,

or we would have oligarchies. Religion was made "free," and medicine was permitted to develop its monopolies; so we have examples of both sides of the question, as then presented. It is plain both were false premises, because both have held sway at great cost to the people. The only Natural method of handling them is to wipe all legislation in such behalf off the statute books; thus making the people free and independent, by taking away from all the right to force their dogmas on any, save by the Natural force of logic, something so foreign to orthodoxy that it would mean the emancipation of the entire citizenship.

The "god" business has always been a humbug. Christianity has been on exhibition for nearly two thousand years, and the only thing it has accomplished in the way of proving its theorum is the evidence that the "Christ" was right when he said: "I come not to bring peace, but the sword." Wars have increased in magnitude and cruelty. The last one was forced on the world by a fanatic who imagined "me und got" constituted a duality of invincible qualifications, and that "me" was to get the proceeds—he got them, because the powers of Nature worked in the minds of the rest of the world to the end that over 7,000,000 soldiers and sailors lost their lives, at least 30,000,000 more were maimed, uncounted millions of citizens starved, and millions of women and girls were sacrificed on the altars of Christian lust. Such is the latest record against religion.

The artificial "cure medicine" outrage has an even worse record: To its machinations and experiments are chargeable the great increase in "skin diseases," venereal disorders, drug addicts, and the "patent" medicine millionaires. Let us examine that record in conservative England. In 1892, Alfred Milne, M. A., London, who was one of the leaders in forcing the repeal of the compulsory vaccination law in that country, wrote:

"The first of our compulsory vaccination laws was passed in 1853, and the years that have rolled away since

then have been years of unceasing and ever-growing protest by large masses of our countrymen. In the ten years ending with September, 1889, our judicial statistics record 23,572 prosecutions under these acts. Vast as is this total of manufactured crime—crime the direct product of coercive law—it is but a fraction of what it would have been had not all prosecutions been abandoned in most of the centers of revolt, such as Leicester, Keighley, Oldham, Halifax, Gloucester, the great East-end metropolitan unions, with their teeming populations, of Hackney, Shoreditch and Bethnal Green, and numerous others wherein the coercive policy has been abandoned, and offenders have been left at peace. Yet, as fast as one city or one union has been won for liberty, the opposition has sprung up in another, to go the old weary rounds of prosecution, at first conducted with energy and virulence against the recusants, whereby those recusants fail not to become popular in the district; then the toning down of the persecution before the rising wave of popular indignation; and at last the election of an anti-compulsion board of guardians, and the local collapse of the law. Thus, as soon as one place is free, another can always be found in the throes of the struggle, and hence it is that the annual return of prosecutions is so far from decreasing that the year 1888 afforded a total of 2,809, the highest for many years since the passing of the law.

“So great a mass of dissatisfaction with the law of the land we live in would be a serious matter in any case. But in this case it is made doubly grave by the character of the accused. All over England—I may claim to know them as no other living man does know them—and I describe them without hesitation as the salt of their class. Come with me into the northern Midlands, where there is to be held an anti-vaccination meeting. The Midlands are keen upon the question and the meeting is sure to be a good one. It is a ‘mushroom’ township I shall take you to, a village called into being by the changes that have of late years taken

place in the boot-making industry. But the little houses are trimly built under the eyes of their present occupiers, who have bought them through building societies, and paid for them out of hard and scanty earnings by aid of a thrift and energy which have known how to wrest a victory from the grasp of circumstances against seemingly the most hopeless odds. The meeting is to be held in a hall into which the audience has a right to invite us, for they have built it themselves, and own it in one-pound shares. And when the meeting is over and the vaccination acts have been duly condemned in a rattling resolution, carried unanimously, you shall not go without a bite of supper and a cup of excellent cocoa. Beer is scarce and whiskey scarcer, for they are nearly all temperance men.

“And here be it noted that in all the years of its existence, and among the thousands of its victims, this particular criminal law has never caught a drunkard yet. Friendly-society members, building-society purchasers and their neat, trim, tidy homes, with bookcases and harmonium, bear witness to their thrift; their well-shod, well-groomed, well-taught children are living testimony to their love; their lives without are circled with respect, and within are hallowed with affection. Such a man was C. W. Nye, of Chatham, who, under the law of 1867 spent nine and a half months in Rochester gaol. A watchmaker, with hands made delicate by his trade, was set to wheeling stones for prison repairs, till, in his own words, ‘the handles of every barrow that I wheeled were stained with my blood.’ Such another man was William Ball, of Leicester, arrested by the police while his four children were kneeling with him at evening prayers. No land, not even such a law-abiding land as ours, can afford to secure the bodies of such men for their country’s gaols, and their hostility for their country’s law. Under no circumstances could we afford it; least of all when, as I shall try to show is here the case, the wrong is wrought in support of the false.

"This, then, is what I have to show—the truth of two perfectly independent propositions: that vaccination is an error, and that its compulsion is a wrong. Independent in this sense, that whether I succeed or fail in convincing my readers of the truth of the first, I have still an unimpaired and equal right to be heard upon the second. Of many things held excellent in themselves, civilization has abandoned the legal compulsion; and the burden of proof lies ever on those who deny that the respect which all profess to pay to the theological conscience should be shown also to the scientific conscience. For this is just the main motif of our indictment of the vaccination law—that we refuse to bow before the spirit of persecution when no better reason is vouchsafed us than that the spirit, changing its language but not its speech, has found new names for its ministers, who now threaten liberty with pestilence in the identical tones wherein freedom was once menaced with perdition.

"I submit, then, that vaccination is an error, and in support of that thesis I now endeavor to show that the claims put forward on its behalf are false. To consider them all is impossible; a year's entire issue of the *Arena* (from which this article was taken) would ill suffice for such a task. But some few of them I will take as examples of all and will state them and meet them in such broad outline as the available space will permit.

"Claim I: Protection.—If you are vaccinated, you will not take smallpox at all. This was the original claim. Listen to the words of Edward Jenner himself, as written on page 7 of his original 'Inquiry into the Causes and Effects of the *Variolae Vaccinae*':

" 'What renders the cowpox virus so extremely singular is that the person who has been thus affected is forever after secure from the infection of smallpox; neither the exposure to the **variolous effluvia** nor the insertion of the matter into the skin producing this distemper.'

"Nor was this the mere dream of an over-sanguine and enthusiastic inventor. In 1857, Mr., now Sir, John Simon, for so long the high priest of the vaccine cult in England, wrote, on page 14 of his 'Papers Relating to the History and Practice of Vaccination,' and in 1871 repeated in the appendix to the 'Report of the Select Committee on Vaccination,' page 351, these words:

" 'On the conclusion of this artificial disorder, neither renewed vaccination nor inoculation with smallpox, nor the closest contact nor cohabitation with smallpox patients, will cause him to betray any remnant of susceptibility to the infection.'

"Moreover, our vaccine teachers have cut themselves adrift from the saving grace of a judicious hedge by the declaration of the *Lancet*, of February 2, 1888:

" 'Smallpox is a disease from which anyone may be absolutely protected by vaccination and revaccination, so that to have it is almost a crime.'

"There can, then, be no doubt about the manner of plea by which our vaccination laws were passed and are maintained. 'Absolutely protected'—nothing could be clearer than the statement unless, indeed, it be its refutation by the facts. For when we come to test the extent to which so uncompromising a promise has been redeemed, we are at once confronted by a long and dreary history of failure. The first law was passed in 1853. Since that date we have had three leading epidemics of smallpox in the country. The first, 1857-9, killed 14,244 of the people of England and Wales; the second, 1863-5, killed 20,059; and the third, in 1870-2, destroyed 44,480. Between the first and second epidemics the increase of the population was 7 per cent, and that of the epidemic was 40.8 per cent. From the second to the third the population increase was 9 per cent, and the epidemic increase was 123 per cent. And when smallpox again broke out in London, in 1881, coming upon a city 90 per cent of whose inhabitants were at the time

officially claimed as vaccinated, it was confessed that of the 491 patients admitted into the Highgate Hospital, the principal of the hospitals then receiving smallpox patients, no less than 470, or 96 per cent had been vaccinated. So that, comparing the proportion of vaccinated patients to total patients inside the hospital with that of vaccinated population to total population outside the hospital, we find vaccination left six per cent to the bad.

"In the *Lancet* of August 27, 1881, we read of an outbreak of smallpox at Bromley, a suburb of London, where occurred forty-three cases, all vaccinated, and three revaccinated, of whom two died. In the appendix to the Army Medical Report, for 1885, page 442, we find the detailed report of surgeon I. Boulger, on fifty cases of smallpox among the English troops in Cairo. Revaccination is **de rigueur** (not any more) in the British army, and revaccination is expressly admitted with respect to thirty-eight of these cases, including the four fatal ones. In the *Lancet* for February 23, 1884, we read of an outbreak of smallpox in Sunderland, comprising a hundred cases, whereof ninety-six were vaccinated. And in the more recent history of Sheffield, the history from which, by some wonderful process of self-persuasion, that vaccinationists have managed to extract so much comfort, we find the broad record of vaccinal failure writ in characters no less clear.

"For years and years the force of compulsory vaccination goes no further than it actually went in Sheffield. The vaccinations have been brought to within five per cent of the births accountable. Nor can the quality of vaccination in Sheffield be impugned. It must be remembered that under the vaccination act of 1867, government inspectors periodically overhaul the work of public vaccinators, and if satisfied of its excellence may award an extra payment, over and above the regular fee already paid, to an amount not exceeding one shilling per case. For the last thirteen years Sheffield has never failed to earn a good round sum

of this reward for vaccinal excellence, amounting in the aggregate to £2,603. And in thirteen months, ending March, 1888, she obtained as the reward of her faith 6,088 cases of smallpox; or a case for every half-sovereign of bonus and 882 over, as a kind of reduction on taking a quantity. In this misguided city, revaccination reigned supreme all the time of her trouble. 'Nearly every man you meet,' wrote the Daily News, in its article on 'Stricken Sheffield,' 'has his arm in a sling.' The Times wrote, on November 23, 1887, that revaccination had by that time become general in the city. The plague ought, therefore, to have been stayed. Yet the deaths, which for the months from June to November, inclusive, had been 2, 3, 11, 21, 60, 75, respectively, rose during the ensuing four months to 105, 113, 98, 101, respectively; thus affording a remarkable confirmation of the opinion expressed by that eminent vaccinist, Dr. Guy, in the Journal of the Statistical Society for June, 1882: 'It is now admitted by all competent authorities that vaccination during epidemics of smallpox tends to diffuse rather than arrest the disease, and that instead of being practiced at such times it should be suspended.' Of course, it is not my fault that this distinguished physician thus rules the whole of the medical officers of the local government board out of the category of 'competent authorities.' That is only one more item in the unanimity of the unanimous profession. I am more concerned to compare the facts of the history of vaccination with the promises and professions of its advocates, and to watch whether the one will have any effect on the other.

"What has become of the first great claim on behalf of vaccination? The facts have killed it, and when Sir John Simon came to be cross-examined before the Royal Commission then sitting on the question in London, its chief sponsor had to bury it. Confronted with the passage from the 1857 papers, which I have quoted above, and asked if he still adhered to it, Sir John was compelled to reply, 'My

meaning was only as to the immediate time.' (Q. 175). So that an absolute protection for all time, to say nothing of eternity, is thus reduced to a convalescence-prophylaxy of five minutes or less; and Claim I confesses itself a corpse, at all events wherever the ignorance of the auditor does not tempt it to galvanize itself into a false and fraudulent assumption of its own continued existence.

"Perhaps I may be reminded that it was for revaccination that the passage quoted from the *Lancet* claimed absolute protection. But the subject of revaccination has already been alluded to in respect of the army, and to this it only needs to add, in more precise terms, that the ordinance for the revaccination of all recruits on joining the colors was promulgated in 1859; since which time there are acknowledged to have occurred in the British army 3,953 cases of smallpox, with 391 deaths. In the well-known case of the steamship *Preussen*, bound for Australia at the end of 1886, on board of which smallpox broke out, there occurred, to say nothing of the emigrant passengers, 14 cases amongst the 120 hands of the crew; and of these 6 had been vaccinated before going to sea, vaccinated a third time with glycerine-diluted lymph on board and vaccinated a fourth time at Melbourne with calf lymph there obtained. In the report of the medical officer for the city and county of Hereford, England, for the year 1888, it is said of a gentleman attacked with smallpox that 'he had a very sharp attack, although he had been vaccinated and revaccinated no less than four times, with any amount of marks therefrom.' And Dr. Barry, when examined before the Royal Commission, admits that a revaccinated death from smallpox had already occurred in the epidemic at the time when the town council had issued a notice that no revaccinated case had been reported as having died (Q. 2,624). During the Sheffield epidemic 48 unsuccessful and 26 successful revaccinations were followed by attacks of smallpox.

"But, strong as this direct evidence is, the question of

revaccination is yet better approached indirectly. Its advocates propose the universal imitation of the Prussian law, enforcing revaccination at the age of twelve. But in the great pandemic of 1871-2 smallpox attacked, in Berlin, alone, 2,240 vaccinated children under ten years of age, and of these 736 died. How could revaccination at the age of twelve have saved them? And if primary vaccination will not protect a child of ten years, how can a second vaccination at twelve years old render an adult safe for life?

"The claim of real protection is thus smashed, destroyed, and pulverized by the resistless logic of facts. But here be it noted, and by all concerned never forgotten, that it was protection passed the law. But for the reiterated plea that in vaccination was to be found real safety from a terrible disease, the compulsory law would never have found its way into the statute books of England. The plea may have been and doubtless was, urged originally in the bona fides of ignorance; but, be that as it may, it is now known on all hands that so far the law was passed on false pretenses. Hence, I shall submit that it is a reasonable demand that the freedom which the false pretenses induced us to part with should be restored to us, and that the law which was passed by error should no longer be maintained by worse. (Thanks to his efforts it was repealed.) For the protection claim is now given up on all hands. To show this we have only to turn to any authoritative statement of:

Claim II: Mitigation—Such a statement we find in Dr. Husband's 'Student's Handbook of Forensic Medicine,' in these words: 'The proper view to take of vaccination appears to be this—that it does not prevent smallpox, but modifies its virulence.' Now the first and most obvious remark to make on this plea is that, if it claims to make a statement of actual fact in any actual individual case, it clearly claims to know the unknowable. For it must be clearly understood that long enough before the birth of Jenner, smallpox was of every degree of severity, the most

mild as well as the most terrible. In the year 1722, Dr. Wagstaffe wrote in his 'Letter to Dr. Friend' on the subject of smallpox as he knew it at that early date: 'So true is that common observation that there is one sort in which a nurse cannot kill, and another which even a physician can never cure.' Since, then, there was plenty of mild smallpox in the days before vaccination was known, it is obviously impossible to say, of any individual case of post-vaccinal smallpox, how badly that patient had meant to have it if he had never been vaccinated.

"If, therefore, this claim is to be supported at all, it must find that support in some alleged statistical basis. And that basis is alleged to be found in the comparative fatality rates of the two classes, the vaccinated and the unvaccinated. As with most other matters connected with this controversy, the medical accounts of the results of this process vary extremely, but they all point in the same direction; they all exhort us to consider the terribly high death rate amongst the unvaccinated. For instance, Dr. Thompson, of the Manchester Fever Hospital, gives a fatality rate of 62 per cent as his experience of unvaccinated smallpox. But to this manner of reckoning there is, fortunately, a check, for there is nothing more certain than the fatality rate of smallpox during the last century when all were unvaccinated; and that rate was a little over 18 per cent. In fact, to raise it to this point it is necessary to include much of the smallpox of the severer types of the London smallpox hospital of the time, which was, of course, vastly inferior to the hospitals of the present day in every sanitary respect, and in which the fatality was even then exceptionally high. At all events, the evidence is overwhelming that the fatality of smallpox did not, as a rule, exceed in pre-vaccination times this 18 per cent, and frequently fell far below this figure.

"And far lower percentages than these can be found recorded. Isaac Massey, writing in 1727 of his experience

with pupils of Christ's Hospital, perhaps, better known abroad as the 'Blue-Coat School,' declares: 'Here, in the Natural smallpox, but one in forty-nine died; and I can assure the reader that upon a strict review of thirty years' business and more, not one in forty of the smallpox patients of the younger life died, that is, about five under eighteen.'

"Not to unduly prolong a weary list of quotations, I will only add, from Q. 5359-60 of the evidence taken before the Royal Commission, that the list of smallpox cases collected by Jurin for the years 1724-27, with one epidemic added by Dr. Scheuchzer, totals 18,229 cases, with 3,008 deaths, or almost exactly 16.5 per cent.

"Hence this 18 per cent which eighteenth century smallpox did not exceed as its general fatality rate, is of the utmost importance to all who would wish to really grasp one of the most striking issues of the vaccination controversy; for it enables us to meet these allegations as to the high fatality rate of the unvaccinated nowadays with the simple process compounded of a subtraction sum and a pertinent question; as thus: when a medical authority, e. g., Dr. Tomkins, as quoted above, alleges 62 per cent as the unvaccinated fatality rate, we go to work like this:

"Nineteenth century unvaccinated fatality.....	62
"Eighteenth century unvaccinated fatality....	18

"Then, please, who kills the remaining.....44?

"If these figures are right, they show that nineteenth century doctors are allowing sixty-two patients to die for every eighteen that would have died under the care of their eighteenth century predecessors. And as everyone, even including the nineteenth century doctors, must see this to be impossible, it only remains to inquire whence such an error can originate. Its starting point does not seem far to seek. It will be found in the difficulty of recognizing the marks of vaccination when the patient is covered with the eruption of the disease. A severe case is a confluent case,

a confluent case hides the vaccine marks, and the record being kept according to the visible marks, the severe cases have thus a natural tendency to find themselves described as unvaccinated cases. The exact working of this principle cannot be better appreciated than from the words found on page 25 of Dr. Russell's report for Glasgow, 1871-2: 'Sometimes persons were said to be vaccinated, but no marks could be seen, very frequently because of the abundance of the eruption. In some cases of those which recovered, an inspection before dismissal discovered vaccine marks, sometimes very good.' Remarkable confirmation is here afforded in a report by the medical officer of Congleton on a recent (1889) outbreak of smallpox there. We are told: 'Cases of confluent smallpox likely to prove fatal, in the eruptive and especially in the suppurative stage, are so disfigured that a mother, brought into a ward with several of them, would be unable to pick out her own son from among them. This being so, is it not too much to ask any intelligent being to believe that reliable observations were made as to the number of such comparatively minute objects as vaccination scars? If any medical man of position who has had experience in the treatment of smallpox cases will say that the inference I have drawn is not warranted, I shall most gladly admit myself in the wrong, but for the present my recent experience of cases not fatal warrants me in saying what I have done. In two severe cases I made an attempt to find vaccination scars during the eruptive stage, but failed, and found, subsequently, they were well vaccinated; and in two comparatively mild cases I counted in the one one scar, and in the other three, but subsequently found they had respectively, four and eight.'

"Here is the matter in a nutshell. Classed as unvaccinated for want of visible marks, if they die, they swell the fatality rate of the unvaccinated; but if they recover, they are found to be vaccinated, and the vaccination gets the credit of having saved them. So that, to this alleged

fatality amongst the unvaccinated we answer only that it is not that they die because they are unvaccinated, but they are classed unvaccinated because they die. And so long as the overhead fatality is not materially reduced, so long, that is, as the patients, taken in a lump, vaccinated and unvaccinated together, fail to show a largely diminished fatality, so long the alleged virtues of vaccination stand disproved, so far as mitigation goes.

“Moreover, on this question of mitigation, there remains one more thing still to be said. I would avoid entering on the discussion of those scientific aspects of vaccination which have already been so well displayed before the readers, but I cannot avoid remarking that this claim of mitigation is altogether out of analogy with most of the theories which profess to explain vaccination as a prophylactic. Those who attribute benefit to the vaccinated from their vaccination have really had an attack of the smallpox, though not the human variety of the complaint. They have, it is said, the smallpox of the cow, smallpox modified by its passage through the animal economy. But to this theory as applied to mitigation by vaccination, there are at least two objections: First, that it is not true in fact; second, that though it might do for an explanation of a vaccinated immunity from attack, it is quite without precedent as an explanation of mitigation. Of no other of the acute exanthemata is it even plausibly contended that a former attack makes the second onset of the same complaint any milder. Of various diseases it does seem to be true that one attack prevents another altogether; but whenever such protection is overcome, and the enemy breaks through the defenses, it is apt to cast off all discipline and to sack the place. Therefore, for this claim of mitigation we have it that, as it is without justification in the facts, so it is without precedent in science. This Naturally leads us to a consideration of

Claim III: Vaccination, Previous smallpox—This was the plea whereunto Jenner was driven as failures multi-

plied. In Barron's 'Life of Jenner,' vol. ii, p-135, we read: 'Duly and efficiently performed, vaccination will protect the constitution from subsequent attacks of smallpox as much as that disease itself will. I never expected that it would do more, and it will not, I believe, do less.' We may pass by the wonderful change that had come over the spirit of Jenner's dream since he wrote those sounding words about the vaccinated being forever secure. Let us stick closely by the facts, and these facts are, I maintain, given exactly and tersely in the formula:

" 'Mitigation by vaccination = mitigation by previous smallpox = 0.' "

"For the second cases of smallpox are, as a rule, very severe cases, with a high fatality rate. Thus Dr. Seaton, in his 'Handbook of Vaccination,' says:

" 'Haeser states, on the authority of Regoni Stern, that at Verona, in the ten years 1829-38, twenty-four cases of second smallpox had been noted, eight of which were fatal; and Heim reports, in the epidemics in Wurttemberg, 1831-5, fifty-seven cases of recurrent smallpox, of which sixteen died; and in subsequent epidemics, eighty-six cases, twelve of which were fatal.' "

"This gives a total of 167 cases, with 36 deaths; a mortality of 21.5 per cent. The most recent evidence is to the same effect. The fatality of recurrent smallpox in the Sheffield outbreak was 25 per cent.

"Claim IV: Decrease of Smallpox Since the Introduction of Vaccination:—Opponents of vaccine law often find themselves reproached in some such terms as the following: 'The ravages of smallpox used to be much more terrible than they are now. There can be no doubt that smallpox has diminished since the introduction of vaccination, and what more do you want?' We reply that we want a great deal more. We want some little evidence of the causal connection between the two; we do not want to be involved in a mere **post ergo propter**. It is just this causal connection

which we deny, and we think we can justify our denial. We can call to witness that very Epidemiological Society which was so largely instrumental in passing the first law for the compulsion of vaccination. In 1855, we find them memorializing the president of the board of health on the seriously large proportion of the births which still escaped vaccination, and estimating that not more than from 10 to 15 per cent of these births are being vaccinated by private practitioners in addition to the public vaccinations. Now before 1840 all vaccinations were private; so that we have it on the authority of the Epidemiological Society itself that up to 1840 not more than 15 per cent of the births were being vaccinated at all. Nevertheless, we find from the 1853 report of the same society that the ratio for London of smallpox deaths to every thousand from all causes had fallen from 108 in the decade 1750-60 to 23 in the ten years ending 1840. If all of this change was effected without any compulsion, and with only fifteen per cent of the births vaccinated, why is any compulsion necessary? The truth is that the decline of smallpox had set in before vaccination was heard of, and long before it had been carried out to an extent which could have had any appreciable effect on the death rate. The late Dr. Farr observes in his article, 'Vital Statistics,' in McCulloch's 'Statistical Account of the British Empire,' 'Smallpox attained its maximum after vaccination was introduced; this disease began to grow less fatal before vaccination was discovered; indicating, together with the diminution in fever, the general improvement in health then taking place.' Thus smallpox, during the last few years of the last century, was trying hard to die out, and the inoculators were trying no less hard to stamp it in; and vaccination got the credit of a change with which it was indeed contemporary, though to that change it never was contributory.

"But I may be exhorted to compare the behavior of other diseases, if I would see the influence of vaccination

on this particular one. I am willing to do so to any extent, on one condition, that the diseases to be compared may be fairly comparable. Smallpox is one of a great group of diseases, and for fair comparison we must remain within the limits of that group, and make our comparisons with other zymotic fevers and exanthemata. And first, broadly, what of the diseases which have come and gone without any vaccinal interference? Where is the Black death now? Where is the plague now? The dread typhus, which, in the days of the Stuarts gave such a terrible significance to the phrase, 'rot in gaol,' is all but gone, though innocent of vaccinal expulsion. Let well-vaccinated Sheffield declare whether plague or cholera or typhus, for which we had no vaccination, is more or less to be dreaded than that smallpox against which we are so well protected by vaccination that 'to have it is almost a crime.' And if it should be urged that we ought to examine this claim with more exactness than is possible to so broad an historical view as that just taken, I none the less maintain that so far from the decline of smallpox having been unique among diseases, such examination will show that it has hardly been remarkable. In the before-quoted work, Dr. Farr long ago remarked: 'Fever has progressively declined since 1771; fever has declined in nearly the same proportion as smallpox.' And the figures Dr. Farr gives us are these:

	Deaths per 10,000 living.		
	1771-80	1801-10	1831-35
Fever.....	621	264	111
Smallpox.....	502	204	83

"And the same principle may be carried on to later dates with no result save to strengthen it. Let us turn to the fiftieth report of the English Registrar-General, and take the evidence of Table 17, p. lvi, as to the comparison of the quinquennium 1866-70, in which compulsion was made perfect, with the last one given, viz., 1881-5. We obtained this result:

**Average Annual Death Rate per Million Living in
Two Quinquennia Compared.**

	1866-70	1881-5	Decrease %
Smallpox.....	105	78	25.5
Scarlet fever.....	960	434	55.0
Fever—typhus, typhoid, ill-defined.....	850	272	68.0
Cholera.....	172	16	91.0

“The figures for cholera have been added on account of its peculiarly epidemic character, though for many reasons it is not strictly comparable with smallpox; but to the other diseases in the table there is no such objection. The table shows smallpox as having actually the smallest diminution in its death rate of any of the three fever groups. Other diseases are thus shown to have been better fought without the aid of vaccination than smallpox has with it. But the evidence does not stop here. Looking at the London returns we find the Registrar-General writing in his 1880 report on the decennium then ending: ‘It will be found that the saving of life was almost entirely due to the diminished mortality from causes whose destructive activity is especially amenable to sanitary interference—namely the so-called zymotic diseases. The death rate from fever fell nearly 50 per cent. That of scarlatina and diphtheria fell 33 per cent. One disease alone in this class showed exceptionally a rise, and no inconsiderable one. This was smallpox, which, owing to the two great outbreaks of 1871-2 and 1877-8, gave a death rate nearly 50 per cent above the previous average.’

“So that, in this great city, the only disease against which we are supposed to be guaranteed, is the only one amongst the zymotic group which shows ‘exceptionally a rise.’ The claims made on behalf of vaccination break down on all sides as soon as really impartial scrutiny is applied to them. On the other hand, the examples of Leicester and Keighley, where vaccination has been all but entirely neglected, prove beyond question that a com-

munity may be thoroughly protected against the spread of smallpox by sanitary measures, even though the disease be not unfrequently introduced into its limits from the well-vaccinated districts round.

“It is often urged that the opposition to vaccination is a sentimental opposition. But I submit that there is little enough of sentiment in the dry facts and drier figures wherein my argument has so far been set out. Not that I mind the taunt; I have no shame of sentiment, which, after all, is but the fool’s name for the pursuit of righteousness; and I am coming to the sentiment by and by. But so far from mere sentiment being the burden of my song, I claim to be the bearer in this matter of one of the sternest and the hardest of Nature’s man hard, stern messages. I am trying to bear witness that Nature’s politics know no compromise, and that in matters sanitary the wages of sin is death. The sentimentalists on the other side protest that this is too cruel a message to deliver to the poor. But I did not make the message, nor do I deliver it to the poor alone. I tell the rich: ‘It is not safe for you to leave Lazarus crying unheeded at your gate. If you do, his sores shall plague you, his disease shall smite you, his suffering shall be your anguish, and by his death you shall die. It is no use to try to dodge fate by forcing upon Lazarus a little more domesticated dirt. It is no use to try to get to the back of the north wind with a little bit of tame filth caged in a capillary tube. You must go for better dwellings; by a policy of open spaces you must make passages for the winds that blow; you must let in the light of heaven; you must lay the water on. And then, as the sternness of the threat drives you further on the road to righteousness, you may turn with growing hope from threat to promise, and, being clean, may claim to live.’

“I pass to the second part of my contention, and now affirm that the compulsion of vaccination is a wrong; and I put my reasons for that conclusion into the comprehensive statement that the justifications of it are false. As before,

but still more briefly, I proceed to state them as I find them urged by compulsionists, appending a few words of reply to each:

“Justification I: Unanimity of the Medical Profession.—The doctors, we are told, are unanimously against us, and surely they ought to know, so we ought to submit our judgment to theirs. I reply that the very reverse is true. So far from the medical profession being unanimous on the question, there could hardly be found a matter within the limits of which more numerous and more fundamental differences are to be found between different members of the profession. I venture to affirm that no proposition could be framed with respect to the theory or the practice of vaccination, but its direct contradictory could be quoted from pro-vaccinal medical works of equal authority.

“In answer to the question, ‘How many marks should be made on the child’s arm?’ we find among physicians of unimpeachable vaccinal orthodoxy, that Drs. Drysdale and Lee say, ‘One;’ Dr. Adam, of Liverpool, says, ‘Two;’ Dr. Grenhalgh, of London, says, ‘Three;’ the local government board demands four; Dr. Sandwith, of Wandsworth, says, ‘Five;’ Dr. Debenham, London, says, ‘Six;’ Dr. Curschmann, the great German authority, says, ‘Twelve, six on each arm;’ Dr. Bond, of Gloucester, says, ‘The more the better.’ Thus has vaccine progressed, from the original single scratch of Jenner, which any old woman could make with a needle, up to an apotheosis of tattoo.

“Justification II: The Unvaccinated Are a Public Danger.—It is held that if a man lived alone, we might allow him to have smallpox at his pleasure; but that as we live in society, we cannot permit the unvaccinated to take a disease which they may communicate to others; and therefore we are forced to compel vaccination in self-defense. To this I reply no man can give away that which he has not. The unvaccinated must have smallpox before their having it can be a danger to anyone else; and where are they to get

it from? The evidence is overwhelming that when smallpox attacks a community it does not commence with the unvaccinated. When the great pandemic struck the town of Bonn, the first unvaccinated case was number 42; at Cologne the first unvaccinated case was 173; at Leignitz the first unvaccinated case was 224; whilst, when we come nearer home, at Bromley, before alluded to, every person had been vaccinated. But if vaccination is to protect, how can the unvaccinated be a danger to the ones protected by vaccination? And if it only mitigates, the same as previous smallpox, then so far as contagion is concerned, one case of smallpox is like another, and the unmitigated, because unvaccinated, cases are neither more nor less a public danger than the vaccinally mitigated ones; this being so, the public has no more concern with my choosing to take my smallpox without mitigation than with my taking coffee without milk. The plenitude of fear shows paucity of faith; and when a man declares, as a man did a little while ago in London, that he had been vaccinated five times, but he wouldn't live in the same parish with an unvaccinated child, he demonstrated with an eloquence I cannot hope to rival that his faith in vaccination was on a level with my own. Vaccination is either good or bad. Its goodness removes the need, as its badness destroys the right of enforcement on the unwilling.

“Justification III: It Does No Harm.—We enter here upon a portion of our subject where satire dies upon the saddened lip and sorrow reigns supreme. It is also the portion where the batteries of modern investigation have been turned with most ruinous effect upon the fortresses of the old beliefs and the old assertions. As a consequence, efforts have, of course, been made to show that no such plea has been urged by any who have been of recognized authority. But the allegation is false, and it comes too late. No less a writer than Mr. Simon, in the papers from which I have quoted, says, speaking of the advantages of vaccina-

tion, that 'against this vast gain there is no loss to count;' and I venture to think that no assertion ever did more to rivet the bolts of our compulsory vaccination. The same eminent authority quotes, without a word of disapproval, numerous experiments, heartlessly and treacherously performed, with hideous results, on the children of the helpless poor, with the purpose of showing no other infection than that of mild smallpox is possible in vaccination. The names quoted are all those of men in the front rank of the contest, including Blache, Heim, Rochot, Debar, Bousquet, Sigmund, and many others. And, coming down to more modern times I find in a pamphlet, now before me, entitled 'Facts Concerning Vaccination, for Heads of Families, Revised by the Local Government Board, and Issued with Their Sanction,' the express declaration: 'The fear that a foul disease may be implanted by vaccination is an unfounded one.' Let us now turn to the facts:"

"Here Mr. Milner quotes at length from the Registrar-Generals' records and shows that under a heading, "Cowpox and Other Effects of Vaccination" are registered 418 deaths. He tells of a public inquiry, in which it developed that there were hundreds of deaths in which the death certificates did not assign the true cause; that one medical journal advised the omission of all reference to vaccination in death certificates, proving that there were medical rascals then as there are today. From parliamentary returns No. 392, Session 2, 1880, and 372 of 1888, he gathered statistics for a period of years under three different conditions, which follow:

Average Yearly Deaths Under One Year, per Million Births.

	Syphilis	Erysipelas	Skin Disease	Scrofula	Mesenteric Disease
Voluntary vaccination, 1847-53	564	817	168	351	2,981
214					

Obligatory vaccination, 1854-67 1,206 781 253 611 3,385
Enforced vaccination, 1868-86.. 1,788 785 387 1,037 4,426

Showing that four out of the five disorders show a terrible increase, and all persons with common sense must charge that increase to the experiment.

Quoting from other tables of the Registrar-General's office, Mr. Milne shows a marked increase in infantile erysipelas from 1859 to 1880, and on up to 1890. He tells of Mary Clarke, who, being sure that she had lost one child from vaccination, and, being summoned before the court for violation of the "law," drowned herself and last child rather than be tortured.

As a result of his work and that of his colleagues, the compulsory feature of the act was repealed in the 80's and has never been restored. It has been attempted to restore it, but the people asserted themselves and the government heeded.

I have devoted space to extracts from the article in the *Arena* in commemoration of the good work that magazine did for the cause, and to show that, as usual, the United States people are far behind old England in progress. If we believe in liberty, let us fight for it. I shall, so long as I live, whether anyone else does or not. I was one of the "scrofula" victims of vaccination, and I never mastered the situation until I discovered, about thirty years ago, the fact that Nature has provided means for immunity and that Her laws work even on those who have been sufferers from the curse of artificial prophylaxis and therapy.

Prospectus

The following pages will serve to enlighten the Public in the matter of what students are taught and how we teach it, as compared with the orthodox schools.

They will also give Prospective students the particulars they need in order to prepare themselves for the work here. They should read all carefully, understanding that we mean just what we say, and nothing else. Let none ask us for favors which require changes in our schedules or which would be impossible to grant to all; for it is a hard and fast rule here that we treat all as nearly alike as we can.

We have condensed the work into the shortest possible time of accomplishment, with hard work and nothing else to occupy students attention; hence none can finish quicker than the time specified. Merely serving time will not be sufficient; grades of 80 per cent. or better must be made in all branches.

These are the days of autos, airplanes, telegraph, etc. The old schools still adhere to the ox-cart methods, which is one of the causes of their decline. The chief cause, however, is Public Education, to such an extent that said Public thinks analytically more than ever, (that is the leaders do), and the fallacies of Religion and Medicine no longer deceive.

McCORMICK MEDICAL COLLEGE
Founded 1893. Incorporated in Illinois. Not for Profit.

**A School for the Study of Causes of Human Ills and
How to Abolish Them Without Drugs or
Operations.**

A System of Mature Medicine.

The Continuous, Consecutive Teaching Methods, Originated by and Employed only in this school, Save a Lot of Time and Money to Students and Their Education is More Thorough than is Possible in the Old Schools, no matter how much time They Require.

We Accomplish More in a School Year of Nine Months than the Medical Trust Schools do in Four Years, because we Teach Physics, Chemical and Mechanical, at the Beginning of Work in Each Department. Then we Combine Anatomy, Physiology and All of the Allied Subjects in such a manner that the Story Grows as we Tell It and the Students Become Thoroughly Practical.

We Have Normal Standards in Every Subject for Purposes of Intelligent Comparison and Understanding. We Teach a Lot of the "Regular" Stuff to Show Why It Is Wrong. Old-school Graduates Who Have Taken Our Work Say It is the first place they ever saw where "Medicine Is Practiced by Arithmetic." Ours Is Truly "A System of Mature Medicine." Analysis Supplants Diagnosis.

Our Fees, for Tuition, and in Practice, Are Higher Than Those of Any Other School of Medicine; but the Superiority of Our Work and of That of Our Graduates Warrant Them and Make Them Cheapest in the End. The Routine of Our Courses is:

First, Three Months in the Department of Ophthal-

mology, 1,000 hours of Work, which not only lays the Foundation for the General Course, but Affords an Independent Course, a Superior One for Limited Practice, with the Degree Doctor of Ophthalmology.

Second, about the first of January any year after Finishing the Course in Ophthalmology such Students are Eligible to the General Course, provided they have made Grades of 100 in Physics; otherwise they must enter the General Course in the fall and repeat the Ophthalmological Work. There is no extra charge for this—we are not mercenary: we demand competence. This course runs from January to June, inclusive, 2,000 hours, with no time for play. Proper Exercise is a part of our Course, so no one is overtaxed. We do not accept invalids as students. We have Denominated This Our Department of Neurology and Graduates receive the Degree Doctor of Neurology.

Third, Following graduation in Neurology students practice Fifteen Months, after which they are eligible to reenter the College any Fall and take Nine Months more work, reviewing what they had before and getting the necessary technical old-school work to qualify for State Examining Boards. Thus they will have had Four Years of the Very Best Schooling and will receive the Degree Doctor of Medicine. It is expressly provided that no one is eligible to this course who, we may have reason to suspect, would practice drug medicine if he had a license to do so. No one who is honest would think of such a thing after taking Our Ophthalmology and Neurology. We recommend this course for the Review of Our Work and the Knowledge of What Others Are Doing in Detail. Our graduates are then Doubly Superior to the old-school doctors.

Fourth, Our Special Post-Graduate Course for Licensed Old-School Doctors gives them credit for experience in practice and Four Months of Hard Work qualifies them to practice "A System of Mature Medicine." Degree Doctor of Neurology or Doctor of Medicine, by election.

We have No Correspondence Courses in any Department. No post-graduate courses, except for Physicians. Our announcements mean exactly what they say, and people who write for concessions only waste their time. We have reduced the work to a schedule to which both

Students and Ourselves Must Adhere Rigidly. Some who have been practicing "optometry" and have regarded themselves as highly competent, announcing themselves as "members of the Scientific Section of the American Association of Opticians," found, when they came up against our work that they didn't know first principles. They came proposing to take a couple of weeks to "brush up." We offered them the course free if we failed to prove they were in Total Ignorance of True Optics and Ophthalmology. We will supply their addresses if any doubter wants to ask them. They didn't get the course free, either. But they value what they received for their money.

Requirements for Admission: At Least a Good Common School Education; Honesty of Purpose; Willingness to Work Hard; Good Character and Personality; Respectful Conduct and Conformity to the Rules of the Institution.

Tuition Fees, Payable Strictly in Advance:

Ophthalmology, Three Months.....	\$250
Neurology, Six Months Additional.....	250
Final Course, Nine Months Additional after 15 months'	
Practice.....	250
Post-Graduate Course for Licensed Physicians.....	250

Payments to be made in Cash, New York or Chicago Drafts, Post Office or Express Money Orders, Except that we will accept Liberty Bonds at Par. The banks charge exchange on every other sort of money orders than those enumerated. Country bankers who advise people to bring personal check books to Chicago, or anywhere else are not the friends of their depositors. They are greedy and want to get the 10 cents charged for collecting checks on their banks. A "Cashier's" check on any bank outside of Chicago or New York is no good at either place. Insist on Drafts or the Cash. Show this to your banker if necessary and if he tries any bluff let us know and we will give his bank a free "puff" in "Mature Medicine," our quarterly publication, which circulates everywhere. We do not lend money or cash personal checks. The Institution was not organized for profit, has never made any, does not intend to. We work for nothing other than actual expenses of living and usually pay that from our private resources. We do not solicit students and only accept

those who come up to requirements. No Fakers or Slackers need apply. Some call us "Crank." We are content.

We have always contended that the quicker a student can be educated, the better it is for him or her; and, by our consecutive method of instruction, sticking to a single subject until it is mastered, we accomplish more in any given length of time than can be done in any other manner. The Germans have stuck to the seven years of schooling in medicine and years of training to make their soldiers. Yet our American boys, with a very few months training, went after the Prussians and whipped them to a "frazzle" in short order. The old schools of medicine are now agitating a plan to adopt the consecutive system. Of course they do not confess they are imitating us, but they are; and they will have to learn one thing before they adopt it, which is that they have no teachers capable of doing the work and will have to qualify them first.

Students may live at the college at reasonable rates; or they may secure quarters in the neighborhood, which is first-class. There are advantages in being here all the time.

None need apply who expect to make their stay a carousal. It means hard work and plenty of it to get through; but we provide recreation so there is not a dull moment during the term.

McCORMICK MEDICAL COLLEGE,
Chicago, Ill.

First—Know what you want to do.

Second—Know why you want to do it.

Third—Know how to do it.

Fourth—Know how to prove it.

NEUROLOGY, A SYSTEM OF MATURE MEDICINE.

People who have become disgusted with orthodox medicine should be more careful in accepting alleged "new" systems than they were in toleration of the old.

We have been conducting McCormick Medical College for over twenty-five years. We were trained in the old-school methods; but we discovered something older than their artificial *materia-medica*, and in general armamentarium. In point of years our school is new, compared with the Allopathic, Homeopathic, Eclectic and Physio-Medical schools of practice; but, in principles we have the oldest of all methods, because the laws we teach are all as old as creation.

We have been asked, often, "What is Neurology?" We reply: It is a term employed in the orthodox schools to designate the department of study of the nervous system, just as myology is the department of muscles, angi-ology that of the blood vessels, etc. But we use it to differentiate our general methods from those of the drug schools, and for the purpose of making the point that all ills are really nervous ills; that all other branches of study are subordinate, and auxiliary to the nervous system.

When we think of the years of work we have put in digging and of the months of hard work our students have spent in becoming proficient, we have sometimes been indignant at the question, because of the supercilious manner in which it has been asked. But, on reflection, we relaxed with pity for the ignorance which has been fostered by old-school doctors and their allies, the clergy, and we respond: "Do you think a general system of medicine, such as the old-school doctors practice, could be explained to you in a few minutes, or even hours?" Of course they reply, "No." Then we add: "Neurology means the science of the nervous system, which includes everything the old-schools teach and then so much more

that there is no room for comparison. It requires nine months of the hardest kind of work to tell our story in a continuous, consecutive, comprehensive manner, and two teachers do all of the work. They put in more hours in that nine months, with their classes, than the entire corps of professors in any of the old-schools do. They work in the class-rooms six hours daily, four days of each week, and they stick to a single subject for days at a time until it is mastered by the students, instead of giving smatterings of half a dozen subjects each day by as many professors. One hour in our school may not be worth more than one in the old-schools; but at the end of the first day our students all know something for sure, while the old-school victims are muddled. Hence one month in our school is worth more than six months in any other medical institution. Ours is a modern arrangement for the saving of time and money to our students, and, at the same time, giving them a far better course of instruction.

Neurology is A System of Mature Medicine; A System of Analysis of the Causes of Human Ills and How to Abolish Them Without the Use of Drugs or Surgical Operations."

Of course there are cases in which operation is necessary; but we insist they are comparatively rare and we have proved this by taking cases who had been operated, not only without benefit, but with great additions to their troubles, and have, in a few months, enabled Nature to regain her ascendancy, restoring health and happiness such as is guaranteed the right to seek by the Constitution of the United States to all its citizens.

For information to the interested we append a list of branches of study included in our several courses, leading respectively to the degrees, Doctor of Ophthalmology, Doctor of Neurology and Doctor of Medicine. In another place, the manner of taking the courses is given, and the reader will please remember there are no deviations from the plan, as other schools have practiced. We do not want

people as students who are so presuming they ask "credits" and other favors offered by many schools as inducements to secure students. We have a mathematical system and we endeavor to set a good example by practicing it rigorously. Because we do four years' work—of the old schools—in nine months, is no excuse for anyone assuming that we are dishonest and do not mean what we say. We have a clean record and propose to keep it that way:

Physics—this includes the laws of light, refraction, reflection, absorption, and dispersion; prisms, construction and functions; lenses and their combinations; prescriptions for lenses and how to transpose and analyze them; mathematical drawings and calculations, illustrating various applications of laws and their absoluteness. Also the laws of chemistry which controls the composition and disintegration of matter, including the body and the foods it subsists on.

Metaphysics—The effect of the mental states upon the physiological conduct of the nervous system and its auxiliaries; and the effects of physiological disorders on the mentality. There is nothing mysterious about it and the futility of "absent treatments" is proved. A neurologist must see patients and analyze their conditions.

Anatomy—This is practically the same as in all other medical schools; but our methods of teaching it are so superior to others that our graduates do not "forget" when they go out into practice. They use it daily. We do not do dissecting, because it is a rank humbug. We forced the admission from Dr. Upham, president of the state board of medical examiners, of Ohio, and a professor in the medical school at Columbus, who is a graduate from the University of Pennsylvania, that he only dissected a piece of an arm during the years he spent in that institution. No medical school could furnish one cadaver for each student and if they did he could not learn as much from dissecting it as he can from teachers who

know their business and from reliable text books, which are available.

Physiology—Our teachings refute, almost totally, the old-school doctrines, and, like our anatomy, they stick, because our doctors use them every day in their practices. The neurologist knows what constitutes true physiology, that is normal action, hence, when he meets abnormalities, he recognizes them at once and knows what to do because we have taught him to anticipate all sorts of possibilities and be prepared for them.

Ophthalmology—This is our primary or entrance department. No school ever attempted what we do through the eyes. This course is, in itself, a system of practice which is superior to all others save our own full course. We have stated elsewhere that nerve strain through the eyes is the *primary* cause of eighty-five per cent. of all human ills. Our graduates from this department, to the number of over 4,000 are in practice all over the world, and have done more good for the “chronics” and “incurables” of the old-schools than all other methods ever accomplished. They have straightened cross eyes without operation, thousands of times; they have done it even after old-school “oculist” operations have failed. They have removed the causes of female troubles which baffled all the surgeons and physicians; they have abolished the causes of headaches and many other symptoms, which the old-schools teach are “diseases.”

Myology—This refers particularly to the study of muscles of which there are hundreds in the body, some single and some in pairs; also the ligaments and tendons associated with them. This is coupled up with osteology on one side and nerves, blood vessels, etc., on the other, so that the student learns the real reason for anatomical study is physiology. We teach methods of manipulating muscles which often makes operations not only unnecessary, but ridiculous, if not actually criminal, in some instances.

Organon—We teach the structures, locations and interdependence of the several organs, the nervous energy required to operate each, what return is given, if any, and how it is done. It is a very pretty chemical and mechanical proposition which makes our old-school graduate students open their eyes and wonder why they never thought of some of the things themselves.

Circulation—Where it begins, how it acts, what causes the action and where it ends. The disorders it is most liable to, and how to prevent them when they exhibit symptoms. It is true that all ills are nervous ones, but it is equally true that the cause is often found in the blood. The old-school puzzles are solved easily and thoroughly. This includes the lymphatic system, the portal, pulmonary, arterial and venous systems of blood circulation.

Pathology—With us this is reduced to Symptomatology, and the symptoms are tested, statically and dynamically. We have no names for “diseases,” although we often use the old-school names to make our explanations clear to patients who have learned something of them from others. Then we show that the so-called “diseases” which are regarded by the orthodox doctors as *causes* of troubles, are really the *symptoms* of disordered physiology. We show how to use symptoms to find causes, but we never treat a symptom, nor by one.

Classification—All cases are classified and patients are given reasons for placing them, the meanings of symptoms and the necessity for obedience to Nature’s demands as indicated thereby. When all this is made clear none but fools would neglect to follow instructions. The responsibilities for successes or failures rest entirely on the patients, as they should.

Materia-Medica—Food chemistry, qualitative and quantitative, compared with the old-school drug textbooks, both theoretically and practically. The principles of chemistry are employed in a natural manner, and put

the artificial practices of the old-schools in the ridiculous and criminal classes as we find they belong.

Bacteriology—We make it ridiculous to a very large extent by submitting old-school text-books and current experiments. It is a source of merriment, and a means of exposing rascality of Medical Trust practices politically and otherwise, particularly in the Army and Navy.

Gynecology and Obstetrics—Two different but closely allied subjects, which are not taught at all properly in the orthodox colleges. We go to the bottom of the subjects from all sides, mental, physiological, social and otherwise.

Pediatrics—The disorders of children constitute one of the greatest branches of neurological study. It couples with the subjects in the paragraph preceding.

Dietetics—This is our *materia-medica*, which only works in conjunction with our other therapeutic measures. The old-schools teach that their *materia-medica* has "curative" powers, independent of everything else. A foolish proposition, on its face. Our Diet Charts are comprehensive, even to laymen.

Body Chemistry—We rate the circulatory system next to the nervous, and the lymphatics as the most important of it. We show, in a manner simple and convincing, how one person will exhibit "smallpox," another "epilepsy," another "erysipelas," another "rheumatism," etc., all from the same causes; also how different causes may produce similar exhibits.

Food chemistry—The essential body elements are supplied from the food we eat, digest and assimilate; hence the composition of foods and how to combine different articles to make them come within the capacity of the body chemistry to appropriate is a very important matter. Old schools do not teach anything about this subject and never did.

Dynamic Tests—Are involuntary and voluntary exhibits of nervous distribution, supply and demand, made

by patients under our methods, which are never attended with the slightest possibility of harm to them.

Static Tests—Are made in several manners, which are shown better than described. They are checks on the dynamic ones. Sometimes they corroborate; at others they dispute the dynamic. Then we proceed to other tests to settle the question. This is how we substitute Analysis for the old-school Diagnosis, which means, literally, two guesses; but they usually make more than that number.

Physiological Nerve Strain—This is found in many parts of the body, but we lay particular stress on eye strain and bad eating; thus chemistry and mechanics are best represented.

Mental and Physical Shocks—We classify these in the order of possibilities and probabilities and provide theoretically and practically for handling them when they exhibit.

Sex Disorders—The old-schools do not teach this subject at all. They do dilate on "venereal" disorders and their medication; but the big subject, the one of greatest importance to mankind, they do not touch at all. We go to the bottom and all sides of it. We have found nothing "obscene" in it and we teach it the same as we do anatomy and physiology—indeed that is just what it is chiefly; there is, however, a mental side which we include in our course.

Osteology—Our methods of instruction and practice of this subject are so superior to "osteopathy" that there is no room for comparison. The old school never taught anatomy as they should or there would have been no opening for the fad "osteopathy," (sick bone). There is some good in the practice of that alleged system, but it has the same weakness exhibited by the old schools: It is a one-idea system and its practitioners want to bulldoze all other "cults." They are imitations of the Trust.

Hydrotherapy—Few people know how to utilize baths. We teach how to reduce a fever in a few minutes and how to keep it reduced. How to handle “pneumonia,” “rheumatism,” and many other acute disorders in a manner which is not only safe but sure.

Massage—This goes with or independent of osteologic manipulation. It fits better with hydrotherapy. For patients who have creaky joints and “muscle pains”—really nerve pains in muscles—the combination of bath and manipulation has no equal.

Therapeutics—Summing up our agents are Mental, Physical, Physiological; Chemical and Mechanical; all Rational and absolutely Harmless methods, as compared with the Habit-forming, Drug-debauching, Experimental, Politico-Medical oligarchy represented by the Medical Trust schools.

Financially—We make our students competent to not only do the very best work, but to be expert case-takers and get the very best fees for their services. This is one of the most important features of professional practice. We have it reduced to tabular form, based on Natural laws, and it works all of the time. It is a part of our Neurometer, (nerve measure), copyright by us, in Washington. Details are reserved for students.

On the whole our system of practice is as different from all others as Nature is different from Dogmatism. We know what the others mean when they talk of “osteomyelitis,” of “infantile paralysis,” of “hook-worm,” and of “flu;” but we also know the utter impossibility of any two cases being exactly alike, hence the fallacy of any proposition to treat them according to the “*contraria contrariis curantur*” or *similia similibus curantur*” plans. We can form a general opinion of almost any case if the sufferer writes us the symptomatic exhibits, but we could not, hence we would not attempt to conduct a case on such meagre information. Physicians often write us asking

what we would do for "arterio-sclerosis," as if they believe we have some specific treatment for such conditions, which will apply to all cases alike. They certainly pay us a high compliment by the request; but they shame themselves when they regard us as impostors because of our frank replies. We have been extraordinarily successful in such cases, but we handle no two alike. Nature did all of the curing; we only assisted the patients in setting up conditions which gave natural chemistry a chance.

There are so many points of difference between A System of Mature Medicine and the orthodox schools, and their one-idea imitators, that it would be difficult to enumerate them all; but here are some of them:

1. Old schools are divided into General Practitioners, Surgeons, and "fifty-seven varieties" of Specialists. The first named sends a majority of his cases to the others because his education was so deficient he cannot handle them; and the specialists do little if any better than the others could if they would use common sense. Our graduates know their work so well that they only need ever enlist the services of a dentist or a hospital surgeon; and these only because Analysis of a case shows the necessity, in order to save a life, of sacrificing a part to save the rest of the body.

2. The manner of teaching in the old schools is such that no one could become competent to deal with human ills if ten years, instead of four or six, were spent under tutelage; because: (a), what the students learn is mostly false; (b), they fail to grasp what they are taught on account of having to try to absorb half a dozen different subjects daily; (c), the only thing they acquire fully is a lofty notion of the value of a title and a corresponding idea of "irregulars;" (d), the "code of ethics," like the dogmas of religions, dwarf their natural capacities and they rely on their "licenses" to protect them from malpractice suits. Our students are started on Nature's physical laws. No matter how much "education" one has when he comes to us, we have

never found, in the quarter of a century we have been teaching, a man or woman who was sufficiently familiar with physical principles to be given "credits." Our students are kept on a single subject, under one teacher, six hours daily, for many consecutive days, until they comprehend the importance of it; then other, allied, subjects are annexed, quizzes are conducted, clinics are employed to demonstrate the physiological application of physical laws. One hour in our school is worth considerable more than one hour in the old schools, but 100 hours in our school are worth 1,000 hours in the old schools, for the reason that Consecutiveness and Thoroughness are the rule with us.

3. Old schools, members of the "American Association of Medical Colleges" (the Trust), require Four Years of High School work; Two Years of Preliminary College work; three years of latin; Four Years of Medical School work; a total of thirteen years to qualify for what? Answer: To practice a system which statistics, prepared by the Medical Trust Journal, show yields an average of \$700 a year for each doctor. We require a Good Common School Education or its equivalent gained in business; Three Months of Hard Work (1,000 hours) in the study of Physical Optics, Ophthalmology, Practical Mathematics and Clinical Practice, which gives each student a System of Practice with which he or she can do work the thirteen-year graduates of the old schools cannot touch, and which has yielded the graduates from the Department of Ophthalmology average incomes five times greater than the old-school average. After completing this course, Six Months more in the Department of Neurology (2,000 hours) gives them a thorough, practical knowledge of A System of Mature Medicine, in the practice of which the average income is \$10,000 a year. After practicing at least fifteen months such graduates may enter any fall for the final course of nine months (3,000 hours), and upon making their grades as required will receive the degree M. D. The particular

value of this course is in the review of our regular work and the better knowledge of its superiority over old-school methods by reason of having that work explained in detail and its weakness shown.

4. Old schools teach the causes of "disease" are "specific bacilli." We teach and prove human ills are disorders developed by non-conformity to Natural laws, that similar causes may produce like or unlike effects in different people; that unlike causes may develop alike in different people; that "bacilli" are products of disorders, not the causes thereof, except that of course they may be distributed by culture, unintentionally or deliberately—witness the horrors of Vaccination.

5. Old schools (particularly the dominant, dogmatic, intolerant, political one, that is being worst hurt by the "cult," hence squeals the loudest and uses "jack-pot" methods to secure monopolistic "laws") teach the inoculation (grafting) of well people to prevent "disease," and inoculation of the sick to "cure" them. They haven't mother-wit enough to realize they discredit themselves among all logical thinkers: (a), they admit it is unsafe to vaccinate a person who exhibits a blood disorder already; (b), they want "laws" to compel people who do not believe their freak notions about the "protection" of vaccination to submit to inoculation anyhow, when, if they really believed their own story, they would advertise vaccination for those who are fools enough to risk it and let the rest risk smallpox if they prefer to, because, if they are correct the vaccinated would be immune; (c), they demand pest houses and isolation for "contagious diseases," when if vaccination protects there is no need for them; (d), when the State Boards of Minnesota and Washington, angered at the public clamor against vaccination, ceased quarantining and permitted smallpox cases to run at large, they committed a crime, according to their pretended beliefs—but, lo the "disease" did not spread and the people were

vindicated. The Supreme Court of Illinois has upheld our contenton that "a healthy person is not a menace to society," and other courts have done the same.

6. Old schools teach that swatting the mosquitoes in Havana stopped the Yellow Fever. Every layman of intelligence knows that is a bare-face lie. General Wood, as commander of the Island of Cuba, put in a sewer system, thus removing the cause of both Yellow-Jack and the mosquito. In Rio Janeiro, Brazil, and other South American cities the same sanitary measures ended the plague.

7. Old schools teach an artificial *Materia-Medica*. We teach a Natural one, the Chemistry of Food and of the Bodies that use it. We teach a Natural Physiological Chemistry, with a normal standard in each department of the body, for the measurement of departures therefrom. It is an infinitely greater subject than the old schools' mysterious hobby and is as certain in practice as mathematics.

8. Old schools, recognizing the weakness of the social code and the opportunities afforded by the "venereal diseases" developed under it, teach "remedies" which do not remedy. They teach nothing of the anatomy, physiology, pathology and metaphysics of Sex Disorders. We teach our students that every organic function of the body should be studied in detail, from the mentality to the sex department, and this is the only school in which all of the subjects are covered, together with their relations to each other, showing the necessity of each to all the rest. It is all wonderfully interesting and we have found nothing "obscene" or "indecent" about any branch, save what we hear from "purists" and "moralists" whose mentalities are so nasty they stink.

9. Old schools teach creeds which are absurd. They teach their students that they alone have "scientific" systems, and they succeed in pulling enough wool over the eyes of the majority so that they never even ask for one

physical or physiological reason for the administration of drugs. They would, probably, be dismissed for insubordination. They are taught it is "heresy" to doubt the words of "savants." Indeed their "code of ethics," chapter 2, section 2, commands "a due respect for those seniors who, by their labors, have contributed to its (medicines) advancement." We teach that each individual is endowed with brains and is in duty bound to use them; that no one has any right to assume to do their thinking for them; that the greater the alleged "authority" the more he needs watching; that when they go out into practice they must know why they do what they do or they cannot be honest or successful.

10. Old schools entail an expense of \$750 for tuition, with extras. They require the loss of Thirteen Years time from earning capacity, with the addition of the expense of living during that period. Our tuition fee for the full course in Ophthalmology and Neurology is \$500; the loss of time is Nine Months; the expense of living is for only that period; the earning capacity is increased many times. Then we have the means of securing practices for our graduates at once so that they have no siege of "watchful waiting" for something to turn up.

11. Old schools ridicule and abuse all other sects, first, because they are so hide-bound they cannot see they are exposing their ignorance of possibilities; second, because they are incensed at the competition, which in this country ought to be and shall be unrestricted. Our school recognizes the modicum of good in all of the alleged systems of practice—even "Christian Science" teaches disordered people to keep their troubles to themselves. Of course we show why the one-idea schools cannot be complete successes, but we accord to them the right to compete with us—if they can.

12. Old schools teach that "diseases" lurk in divers places and "attack" the unwary. They classify alleged symptoms and name them as "diseases": "Erysipelas," "Pneumonia," "Typhoid," "Tuberculosis," etc., invoking

the aid of Fear by calling the latter the "Great White Plague," and by warnings to "vaccinate," "boil the water," "swat the fly," and a lot of other commercialisms. We teach that clean bodies and clean minds, with a reasonable observance of simple, Natural laws, are all that is necessary to be healthy and happy.

13. The old schools profess great requirements for admission—then they accept any person who applies with the tuition fees. Their notorious "credits" have made it hard for people to believe we mean exactly what we say about our requirements; many appear to think we must be frauds because the old schools are and we frequently have applications for reductions of time. We regard all such propositions as proposals to be parties to frauds and we turn them down cold. We have condensed the work into the shortest possible time and we cannot and will not attempt to make it shorter. It requires most faithful, diligent work to absorb a good working knowledge in the courses as they are scheduled. None have any time for Greek letter societies or other "horse-play."

14. Old schools "code of ethics" teaches that doctors "should maintain an air of peculiar reserve toward the public." We teach our students they must know their profession so well they need employ no such means to conceal ignorance; that it is their duty to teach patients how they got into trouble and how to avoid it in future.

15. Old schools teach it is "ethics" for the young doctor to wait for luck to bring him a practice. We teach business methods, how to get a practice; how to prove worthy of good fees; how to get them and how to impress each patient that responsibility for health rests largely upon him or her; that Nature's laws are immutable; that there are limits to the workings of laws physically; that there are limits of physical and physiological endurance, mental endurance, and what those limits are with reference to each case.

16. Old schools teach that "medicine" is a peculiar

thing, having no relation to any other thing—that a doctor may isolate a “contagious” case, yet see it daily and mix freely with others without danger of infection. We teach that Neurology is a profession, a trade, a business, a religion; that Neurologists must deal with people of all classes and conditions, hence must be an all-around man or woman, above all, a Nurse; but each, as a citizen, should take interest in politics and affairs generally, must read history, poetry, study everything that has or may have the slightest influence on the human mind or body.

The Four Grand Divisions of A System of Mature Medicine are: 1. Mental Therapy. 2. Chemical Therapy. 3. Manual Therapy. 4. Hydro-Therapy.

Do not confuse our Mental Therapy with “Christian Science,” “Magnetic Healing,” “Suggestion,” or other Buffoonery. We have a contempt for the perpetrators of such fads and a wholesome pity for their victims. We do not want them either as patients or as students. We practice mathematically, have no mysteries, no secrets, no bunkoism. We appeal to the intelligence of people in proportion to what they possess; we show what Nature demands of them, after we have made analyses of cases, and place much of the responsibility upon them. We know what the laws will do if given opportunity, and they must supply the opportunity, after we have done our part. The obvious reason we cannot guarantee results is because we are not in control of the patients as they are of themselves. It would be very easy for one of them to swindle us under such conditions, and when one has the impertinence to demand a guarantee from us we have good reason to believe he would beat us if he could. When one suspects us without cause we respond for cause. There is every reason why we will always do all we can for patients: We want to win all the time; and we do when instructions are followed. We do not take a case if we find by analysis it is hopeless.

Chemical Therapy with us comprises a working knowl-

edge of Body and Food Chemistry. This is a much more complicated subject than the old-school *Materia-Medica*; it involves Practical Physiological Chemistry. The two following illustrations will give a small idea of what we have accomplished, while our Diet Chart shows a condensation of many years' work into a very small space which would take a large volume to describe in detail:

It has been "discovered" recently, by Medical Trust doctors, that the Sodium Salts are better than the Potassium Salts they have been using so long. The reason they made the "discovery" is that they have been depending on Germany to supply their needs and the Huns couldn't deliver the goods on account of the war. The "discovery" is one we made long ago and have taught in our school for years. We are not dependent on any foreigner or on any chemist or chemical concern. The first three items following show abundance of the basic elements, Potassium and Magnesium, in foods; the second three items show how we change the bases to Sodium and Calcium at will. From the editorial in the Trust Journal we infer they do not know that Potassium and Sodium are interchangeable as bases and that Calcium and Magnesium are the same: Quantity, one ounce of each:

	K.	Na	Ca.	Mg.	.
Beef.....	1.665	.146	.113	.128	Grs.
Corn.....	1.022	.003	.006	.532	Grs.
Wheat.....	.567	.038	.057	.213	Grs.
Total.....	3.254	.187	.176	.873	Grs.
Strawberry.....	2.963	4.002	1.994		Grs.
Egg.....	.521	.793	.378	.039	Grs.
Fowl.....	.734	1.119	.534	.055	Grs.
Total.....	4.218	5.914	2.906	.094	Grs.

Another discovery we made long ago is that the "com-

bustion" of the Carbohydrates and the generation of "heat and energy" therefrom is all bosh. We prove that Nervous Energy is developed in an entirely different manner and that the Carbonates are a four-time load on the real producing apparatus. First, they require energy to digest them; second, they constitute a load to carry when they are assimilated and form fat; third, they return absolutely nothing valuable as building material or energy; fourth, they are absorbers of heat and energy. After that they are trouble makers and exhibit in people as "acidity of the stomach," "boils," "erysipelas," etc.

We have a lot of other information for those who want to know something of Natural Physiological and Physical Chemistry. We are not wedded to Theories or Idols. We are in search of Truths that will bear the strictest tests in practice. The old schools have always fought for the Infalibility of Drugs, the practice of which has made their claims absolutely ludicrous.

Our Manual Therapy comprises Physical Culture(not of the fad type), Massage, Adjustments of displaced or partly displaced joints, Mechanical Work-Outs of a great variety, the Fitting of Glasses to the Eyes, and other features essential to normal physiology. It is a principle with us that all parts of the body mechanism should work in harmony and that if one part is out of action it affects all of the others; that if one part is overworked it is liable to hypertrophy and if it is not worked enough it is subject to atrophy. This branch of our work is no more "osteopathy" than the mental branch is like "Faith Healing." Both are equally superior.

Our Hydro-Therapy is as different from the old "water cures" as our Dietetics is from old-school drugs. Alone it would be of little value, except for cleanliness and in cases of fever; but in combination with the rest of our armamentarium it is a most valuable factor. The old-school idea of cold baths for fevers is a testimonial of the rankest ignorance

of fundamental principles. The general public and the Doctors often act upon the presumption that there is nothing to learn about such things as baths, dietetics, and many other things, of which they have heard all of their lives. They do take off their hats to the mysteries of drug medicine and religion, the practitioners of which do not know why they believe what they think they do.

We developed the values of the active and basic elements and had been teaching our students about them for many years, when, a few years ago, the Journal of the American Medical Association attempted to credit Professor Sherman of Columbia University with what the editor termed a "remarkable discovery," adding that he was just on the threshold of something great; but when he learned that we had anticipated the Professor many years and that it was an "irregular" discovery, they dropped the subject and have never mentioned it since.

Our Neurometric Method of analyzing conditions, physiological and temperamental, classifying cases in twelve possible groups of disorders, making automatic prognoses and even fixing the proper fee to be charged for services, is an astonisher to all who have been instructed in its use.

We explode the "blood-pressure" fad by showing first the necessity of the pressure to sustain life; then how our mode of living keeps the walls of blood vessels elastic so there is no danger from the old-school fetich.

We reduce obesity without starving patients. Indeed we often feed them a greater quantity than they have been accustomed to. We have taken off as much as 71 pounds in one month, and the patient, who was an old-school physician, grew stronger daily, soon losing his fear of collapse, which had impended.

We employ a diagrammatic method of dividing subjects for study, so that nothing is missed for want of consecutiveness. Physiology is the reason for the existence of anatomy.

System is a product of consecutiveness. Accuracy is only attained by details, and these are only absorbed by students when they are presented in a manner which connects them intelligently. Our diagrams present the Duality System of Analysis, which we use not only theoretically but practically. Thus the longer one practices the better informed he is. Old-school graduates will testify that they found it necessary to forget much of the college theory in practice and learn by experience.

We teach the clinical values of the several odors of the feces, the urine, the breath and the body generally. Also many other practical, analytical features, which have been neglected in the old schools. We have found that corns are not always caused by tight shoes, but are largely due to systemic conditions. That night sweats, while indicating nervous weakness, do not mean "consumption." That the "hectic flush" and afternoon fevers are not nearly always signs of "tuberculosis." We have not found it necessary to practice frightening patients nor do we permit ourselves to get alarmed. A good doctor must be a good nurse; and a good nurse talks little but does things tactfully, thus reassuring patients.

Our graduates are taught to treat all other practitioners with just as much respect as they deserve. We often have patients who, while quitting their former doctor, because they were not helped by him, still have a high regard for him as a man; hence, as a matter of policy as well as ethics, we avoid criticism, other than to say that the doctor is probably all right, but his system is faulty. It should be remembered that the old-school policy of calling all others "quacks" has never done them any good, but has rather raised a doubt as to their own integrity. The public recalls that the pickpocket always cries "stop thief" and points at others to attract attention from himself. The General Manager of the American Medical Association (Medical Trust), and editor of the Journal, George Simmons, has

been proved to be an ex-Homeopathic, Advertising Quack and Abortionist, of Lincoln, Nebraska. J. N. McCormack, of Bowling Green, Ky., late Walking Delegate of the Trust, was pardoned by Governor Beckham, of Kentucky, some years ago for a crime against the laws of the state, before he had been convicted of it. Some confession, was it not? Yet both of these men are the biggest howlers about the "Quacks." You will never hear of one of our graduates committing the crime of abortion. It is always the "regular" fellows. And the worst of it is that the alleged "laws" of all states protect them to a great extent. Where one abortionist is convicted a thousand remain at large. Old-school persecution of others has resulted in more class-legislation which protects "osteopaths," "chiropractors," "optometrists," "nurses," "pharmacists," "barbers," "horse-shoers," and permits them to persecute their competitors. We have always fought such laws on principle. Some courts have stultified themselves by upholding them. Others have made themselves ridiculous by the reasons given for declaring them void. We insist merit should win; that the people are the court of last resort; that they have an inalienable right to select their own doctor as well as their own religious belief. Legislators and courts have catered to "Christian Science" and other cults—because they are political powers. We believe in Education and in Medical Freedom. It is Natural and is bound to win in the long run.

There are no drug fiends among our graduates, nor among their patients.

OUR COURSE IN TRUE OPHTHALMOLOGY.

Ophthalmology, as we teach it, is as different from that taught in all other schools as could be imagined. If the Optical Schools are such, our course is one in general practice. Our graduates from this department do work no oculist, optometrist, or even general medical practitioners can do. It is Neurological Ophthalmology. Oculists are merely physicians who have elected to practice a specialty for business reasons. They had no more training than others in the general course of their school; they have taken some special work—often only a week or two, and their “license” does the rest. They have absolutely no knowledge of physical optics, which is one of the most important of all branches of study. They treat as “diseases” of the eyes what we and our graduates know are products of nerve strain through defective dioptric systems. They say eyes are good if vision is normal, when, as a matter of fact, thousands of very bad eyes have perfect vision; indeed too good vision is a sure indication of at least one unit of Hypermetropia (an under-developed eye) and possibly as much as two or three units. If their patients have indigestion, female troubles, eruptions on the body, “rheumatism,” etc., they send them to a general practitioner. Our Ophthalmologists are qualified to remove the causes of many of these Symptoms (not “diseases”) and their clients get well Naturally.

Instead of 48 to 60 hours, advertised in the old-school catalogues as the time devoted to Ophthalmology in their Four-Years' course, we devote 1,000 hours to the work and do it in Three Months. More than half of this time is personal work by ourselves with the students; the balance is in special work by them, laid out by us. No student has any time for anything else but sleeping, eating and a reasonable amount of exercise. Our pupils are all enthusiastic—after they get over the first few days' work, which rather

appalls them, because it comes so fast; but when they find it is all as sure as bookkeeping they love the work.

This Department is the Primary or Foundation course, which all candidates must take before they are eligible to the other courses. There are several advantages in this to the students: First, they get a real profession in the least time and at a cost far below what would be involved in any other line of work. We have taken many a ten-dollar-a-week person and made a fifty-to-one-hundred-dollar-a-week doctor. Second, if it is intended to take the full Neurological course the Ophthalmological graduate can go out and earn the money to pay for the balance of the work. Third, if any are found whom we do not regard as having the necessary qualifications to become good Neurologists we advise them to not go into that work unless they expect to get information for personal benefit. We hold it is worth to any person all of the time and money it costs to take the full course, even if they never expect to practice a minute—they learn how to get well if sick and how to keep well when they are well. Fourth, in this Department students get a training in Anatomy and Physiology of the Nervous and Organic Systems; many come with minor, chronic ills, "catarrh," "indigestion," "constipation," "dysmenorrhoea," "amenorrhoea," "head-ache," "heart disease," "hay fever," etc., and have the causes removed while they take the course, without extra charge, thus they get their moneys' worth and the course beside.

Schedule.

1. Fundamental Physics, Chemical and Mechanical.
2. The laws of Light, Heat, Force, Attraction, Etc.
3. Refraction by all forms of Transparent Substances.
4. Prisms: Angles of Construction and Deviation, Etc.
5. Lens Construction: All forms and Their Respective Values.
6. Optical Centers, Nodal Points, Principal Factors, Etc.

7. Technical Drawing by and Without Mathematical Calculations.
8. Reflection from all sorts of Surfaces, particularly Mirrors.
9. Writing, Transposing and Analyzing Prescriptions for Lenses.
10. Physical Construction of Ideally Normal and Defective Eyes.
11. Anatomy and Physiology of the General Nervous System.
12. Anatomy and Physiology of the Eyes and Their Appendages.
13. Measuring Errors of Refraction in the Eyes Systematically.
14. Measuring the Nerve Supply of the Body Through the Eyes.
15. Finding General Systemic Conditions by Dynamic and Static Tests.
16. Measuring the Blood Supply with the Ophthalmoscope.
17. Why Nerve Strain through the Eyes is the Primary Cause of Ills.
18. Why Fitting Glasses Properly Requires Highest Surgical Skill.
19. Why "Oculists" and "Optometrists" make so many Failures.
20. Alleged Eye "Diseases," Their Causes and How to Remove Them.
21. The Fallacy of "Muscle Trouble" and Use of Prisms.
22. How to Straighten Cross Eyes Without Operation or Danger.
23. Why Eye Operations are Mostly Willful or Criminal Malpractice.
24. Expose of Retinascopy and Other Fads, with Positive Proofs.
25. General Disorders, Digestive and Otherwise. How to Fix Them.

26. Elementary and Abstractive Dietetics.
27. Physiognomy, Symptomatology, Mental Influences, Etc.
28. Objective and Subjective Procedures Demonstrated Clinically.
29. Comparisons of Text-Book Methods with Ours, Clinically.
30. The Neurometric Method of Analysis, Supplanting "Diagnosis."
31. Case-Taking, Fee-Fixing, Ethics of Advertising, Business.
32. Legal Rights and Limitations of Ophthalmologists.

The classes work in the school rooms six hours daily, except Sunday, with individual tasks each evening. This is necessary in order to be able to cover the course with the entire class in the course of Three Months. No other school gives anything like our work and any pretenses that they do are false.

Students must make grades of at least 80 per cent. in each subject to graduate, and to be eligible to the Neurological course they must have grades of 100 in Physical Optics. As this is straight mathematics it can be done if they work.

Requirements for Admission: White persons of Good Character, at least a good Common School education, Honesty of Purpose, Willingness to Work Hard, Conformity to the Rules of the Institution.

Tuition Fee: Two Hundred and Fifty Dollars, Payable in Advance.

Degree Conferred: Doctor of Ophthalmology.

DEPARTMENT OF NEUROLOGY.

Only graduates from our Department of Ophthalmology with physical grades of 100 per cent. and having shown capacity for the work, are admitted. The course opens early in January each year, and continues six months. Dates on application.

In the old schools Neurology means a branch of the work, just as Biology, Histology, etc., are branches. With us the word covers everything necessary to constitute "A System of Mature Medicine." We instruct our students in all the branches covered by the old schools and in addition we have a great deal of work which is absolutely unknown to them. The reason for this is that while they have stuck to the orthodox creeds and "time honored" errors, we have profited by their failures and have made such great progress they can never hope to catch up with us.

With our Consecutive, Continuous Method of Teaching we are able to cover subjects rapidly and comprehensively, because they are intertwined like the story of "The House that Jack Built." The old schools have about six lectures a day, on as many subjects, by six different people. We have six hours daily by one teacher, on one subject, four days each week. The other two days are devoted to individual work and instruction so that our classes are kept even.

The first day we open with a preliminary statement of what we expect to prove, just as good attorneys do in court. Then we begin with the skeleton: its chemical composition; its development in connection with other tissues; its forms; articulations; sources of nourishment; structure; physiology; possible pathology. Six hours a day application not only interests but instructs instead of confusing students, as is the case in the old schools. Next, we add muscles and tell the two stories together. Next comes the nerves and nervous energy, three stories together. Then the circula-

tion, four stories in a bunch, and so on through the entire list of branches. Any layman or old-school doctor ought to be able to see that we have the only system of instruction and practice, because we include everything which is rational, theoretical or practical, chemical or mechanical. We do not need to explain further for students, because all who enter this Department have already been through Ophthalmology with us and have a pretty good idea of what they are tackling.

For the benefit of the laity and other schools of practice we will say that while the so-called "regular" (Allopathic) school holds first place in the estimate of a credulous public by reason of being the oldest and closest allied with "religion," having been an outgrowth of that mysterious cult, it is a purely one-idea system of "cure," which humbug is only excelled by the "forgiveness of sins" scheme of the "Christians." It believes in the efficacy of drugs. So do the Homeopaths, the Eclectics, the Physio-Medicalists. The "Christian" bible says: "A house divided against itself shall fall." The church divided and it has been falling ever since. Drug medicine is going the same route, despite the most strenuous efforts of the Medical Trust and gullible legislators, venal courts, etc. Look at the new "systems" which have arisen from time to time and flourished to some extent. They failed and will continue to fail because they are all imitators of the Allopathic school, even to the use of their textbooks and imitations thereof. Punching backs alone is no system of practice. Baths alone may do good or harm. Massage is good for some things, but it isn't a system.

Neurology is different. It is "a system of mature medicine." It comprises Chemistry as it is practiced by Nature. It involves the study of not only Body Composition and Metabolism, but of the sources of Chemical Supplies, which are to be found in foods alone in such combinations they are assimilable. It includes Mechanics so that

practitioners may know how to render aid in cases of accident. It is really the oldest and only system of practice, because everything taught and practiced is according to Natural Laws, which are as old as Nature. We employ artificial legs and other rational substitutes, whenever and wherever required to assist Nature, but we never attempt to supplant her in any particular. To be more specific we enumerate:

1. We have ideally normal standards, anatomical and physiological.

2. We have positive means of finding departures from normal.

3. We have tests for determining the causes of derangements.

4. We know these causes have different effects in different people, hence there could be no rational name or treatment that would fit all cases of similar symptoms.

5. We have to examine and analyze conditions in each case.

6. The analysis discovers the causes and automatically tells what must be done by ourselves and the patient.

7. As the possible causes are limited to Mental and Physical and consist solely of nervous shock or strain, we have Chemistry and Mechanics to tell us what is wrong and how to act.

8. We know the laws of Sensation and Motion, Heat and Cold, with their subdivisions and auxiliaries.

9. Our mental therapy is mathematical instead of mysterious. We do not care a hoot whether a patient believes in our system. It is merely a matter of obedience to instructions, always reasonable and practicable.

10. Our Materia-Medica is the Composition of Foods and their Physiological Action combined with Body Conditions as found by Analysis and supported by experience in practice with most uniform success.

11. The employment of water, internally and externally, is the first auxiliary to our materia-medica.

12. The correction of eye defects is of importance because the eyes are the gauges we measure the nerve and blood supplies correctly with and the glasses stop an enormous drain on the nerve supply at once. We measure it as absolutely as electricity is measured by meters.

13. Our manual practice, in combination with the other features, enables us to do away with surgery, except in very rare instances and in cases of accident. It includes massage and manipulations of various kinds, none of which can possibly do harm to any patient.

14. Rest, mental and physiological, is one of the essentials, in combination with other indicated treatment, in order to remove the causes, thus permitting Nature to restore health.

15. Exercises, not only of the body as a whole, but of the several functions, are necessary to maintain physiological equilibrium as well as mental balance.

16. Education of each patient to the responsibilities to Nature of each individual in order to get well and remain well. We have no secrets from our patients, no mystery in our methods, but we have such a variety of combinations of causes in the different cases that none should feel competent to treat others by what they learn while we are treating them, unless they have first gone into the study of Causes and Effects as we have done in order to be competent to treat them.

We have no use whatever for vaccination or drugs, prescriptions or patent. They are the "discoveries" of hysterics who have taught mystery so long they have come to believe in it, despite the egregious and ridiculous failures of it in practice, and despite the fact that they have changed their creeds every decade for hundreds of years.

Tuition Fee: Two Hundred and Fifty Dollars, Payable in Advance.

Degree: Doctor of Neurology.

DEPARTMENT OF REGULAR MEDICINE.

After a student has completed the courses in Ophthalmology and Neurology and has practiced at least fifteen months, after graduating in Neurology, he or she is eligible to re-enter the school, about the last of September of any year, and add nine months' work, when, upon making satisfactory grades and being otherwise worthy, the degree, Doctor of Medicine, will be conferred. This is not to be taken in any sense as a concession that there is any merit in the degree over those of Doctor of Ophthalmology and Doctor of Neurology. It is merely evidence to the public that the holder has earned all the honors there are to be received in preparation for practice and is therefore better qualified than if he had devoted all of his time to one creed. No Neurologist would ever practice Drug Medicine if he had degrees from all the colleges in the world, because all want success and they have the means to that end in Neurology, "A System of Mature Medicine." Of course it is worth the time and money cost to know what the others are doing, but the chief value of this course is the review of our own work, after having practiced during the period required for admission.

No four-year or seven-year course in the old schools ever equaled this.

Tuition Fee: Two Hundred and Fifty Dollars payable in advance.

Our plan of education is not only better in theory and practice than that of the orthodox schools, but it puts a profession within reach for those of limited means and unlimited ambition.

POST-GRADUATE COURSE FOR PHYSICIANS.

We have always been and are today the best friends of the old-school practitioners. We have always fought for medical freedom for them, that they might migrate from one state to another without losing their rights as practitioners. We have always served a post-graduate course for their improvement and many have availed themselves of it. Almost invariably they at once abandoned old methods and adopted ours because they saw better results for patients and better remuneration for themselves. Many of them parted with bad cases of "Asthma," Heart weakness, "Rheumatism," Gall-stones, Blood pressure, Bladder troubles, Obesity, Indigestion, etc., while taking the course. They learned how needless is death from "Pneumonia." They found a way to handle Inflammatory Rheumatism. How to anticipate and prevent Cerebral hemorrhage. How to handle "Epileptic" cases successfully. How to treat the "Grippe" so there will be no aftermath. They found the greatest system of Gynecological practice they ever dreamed of. They learned something about Appendicitis that made them laugh and made them enthuse when they tackled a few cases and won. They learned how to handle cases they had regarded as Incurable. They learned how to Analyze instead of Diagnose cases. They learned how to fit glasses and measure the nerve supplies and blood quality and quantity of patients and ascertain exact conditions with reference to the High, Safety, Danger and Low Lines of each. At first they marveled when we measured them and told them their ages; then they waded in and learned how to do such things themselves. They all are our enthusiastic friends. They all say they never worked so hard in their lives; but they never got so much for so little work after all.

Time Required: Four Months.

Tuition Fee: Two Hundred and Fifty Dollars, Payable in advance. Degree: Doctor of Neurology.

SEX ILLS AND NATURAL LAWS.

McCormick Medical College is the only school in the world that takes the subject of Sex Ills, Mental and Physiological, and goes to the bottom of it. The old schools only teach "Venereal Diseases" and "Gynecology," the first of which remains a puzzle among them and the second is so radically wrong that our Ophthalmological graduates are able to do so much more for patients than the old practitioners can that there is no room for comparisons.

We have been proving for many years that the Causes of many Disorders, Mental and Physiological, of both sexes, are from ignorance of matters pertaining to sexes and their relations. It is an appalling truth that religious bodies, while pretending "reverence for the Creator and His works" give the lie to their professions by teaching that a portion of His work is an unfit subject for investigation, "indecent" to exhibit and "obscene" to write about. Preachers thunder "morality" from their pulpits and practice "immorality" in their homes under the thin disguise, marriage. Political doctors, who are unable to make their livings in practice, seek "laws" compelling "Medical Marriages," because they hope for appointments as "inspectors."

Nature has no "morals." Her laws work for good if conformed to and for harm if they are ignored, willfully or ignorantly.

We teach Natural Laws as they have been revealed to us by mathematical study and over a quarter of a century of practice. We prove what we teach, by mathematics and by the people who suffered distress and have been relieved by following our instructions—and they are permanently "cured," not by us, but by Nature. Any doctor who claims to cure anything is a humbug—the greatest of all "bugs."

We teach the Sex subject as we do the Brain, the Stomach the Intestines, or any other part of Anatomy or Physiology. There is nothing lewd or lascivious about any of them,

except as weak mentalities see them after "moral" training. We teach and prove that Physiological Disappointment in copulation is bad for both sexes, and why. We teach that ignorant indulgence leads to abuses or abstinence, that both are bad, and why. We teach and prove that early experience, under rational instruction, is absolutely essential to development of both minds and bodies. We teach and prove that when it is neglected until after maturity of other organs, say after the thirtieth year, the individual is permanently defective. We teach that a child has the right to be well born and we teach how to accomplish that feat. We teach the humbuggery and outrageousness of the doctrine that a wife is her husband's property and must submit herself to his passions on demand. We teach that marriage, as a "hymenial" proposition, is degrading, and prove it by millions of cases of infelicity. We teach truths the young should be taught in the public schools; we teach those of mature years what is absolutely necessary to health and happiness. We teach nothing that is not clean and wholesome. What we teach on this subject alone is worth all the entire course costs in time and money. No other school even pretends to teach it.

We accept none but high-class students. Those who are merely diploma hunters can't get them here. Our courses require work, work and more work. It is no place for lazy people or fakers.

OFFICIAL OLD-SCHOOL SCHEDULE.

Histology.....	90
Embryology.....	90
Osteology.....	30
Anatomy.....	520
Physiology.....	300
Chemistry and Toxicology.....	300
Materia Medica.....	60
Pharmacology.....	60
Therapeutics.....	90
Bacteriology.....	140
Pathology.....	240
Medical Zoology, Post Mortem and Clinical Microscopy.....	90
Physical Diagnosis.....	100
Practice of Medicine.....	540
Surgery.....	540
Obstetrics.....	160
Gynecology.....	160
Pediatrics.....	100
Eye and Ear.....	60
Nose and Throat.....	60
Mental and Nervous Disease.....	120
Electro-Therapeutics.....	60
Genito-Urinary Disease.....	60
Dermatology and Syphilis.....	50
Hygiene, Climatology and Public Health.....	30
Dietetics.....	30
Medical Jurisprudence.....	30
Hydrotherapy.....	
Specific Diagnosis and Medication.....	
Four years' total.....	4110

These subjects are taught in the old-schools in such a manner the students hear from two to six different lectures on as many subjects each day.

In McCormick Medical College one teacher works six hours a day on a single subject. He gives it to students by talks—we do not lecture—by drawings, by clinics and dictates notes on the most important features of each subject.

In the old-schools where they boast a host of “professors” about 97 per cent. of them are doctors in practice who appear once a week or once a month and few of them know their subjects well enough to talk without preparation.

In McCormick Medical College our teachers all devote their entire time to the school work. They know it so well they are ready for business at any hour, day or night.

Old fogysm must go in medicine as well as in everything else.

In McCormick Medical College, students who want not only Ophthalmology and A System of Mature Medicine in its entirety, but also the details of old-school work, put in a minimum of 4320 hours of school work and Fifteen Months in practice. The latter enables them to lighten expenses, while qualifying them more completely than any other school can. It is all included in four years, too.

With reference to admission to examination by state boards, the courts have decided that any discrimination against schools of practice is absolutely unconstitutional. Any trickery by members of boards is punishable under the statutes covering misconduct in office, and ranges from \$10,000 fine to fine and imprisonment.

We Take Patients

In connection with the college we have facilities for a limited number of patients. Our

SYSTEM OF MATURE MEDICINE

works on cases that have been pronounced "incurable" by old-school practitioners. We make a specialty of

"CHRONIC" FEMALE DISORDERS
RHEUMATISM AND ECZEMA
EPILEPSY AND INDIGESTION
"HEART DISEASE" AND OBESITY
"PERNICIOUS" ANAEMIA
GENERAL NERVOUS DEBILITY

We take no cases without first making a through personal examination and analysis. If we find conditions warrant the assumption of success we take them. Otherwise we tell the truth and pass the case. All fees payable in advance.

EXAMINATION FEE \$25 IN ADVANCE

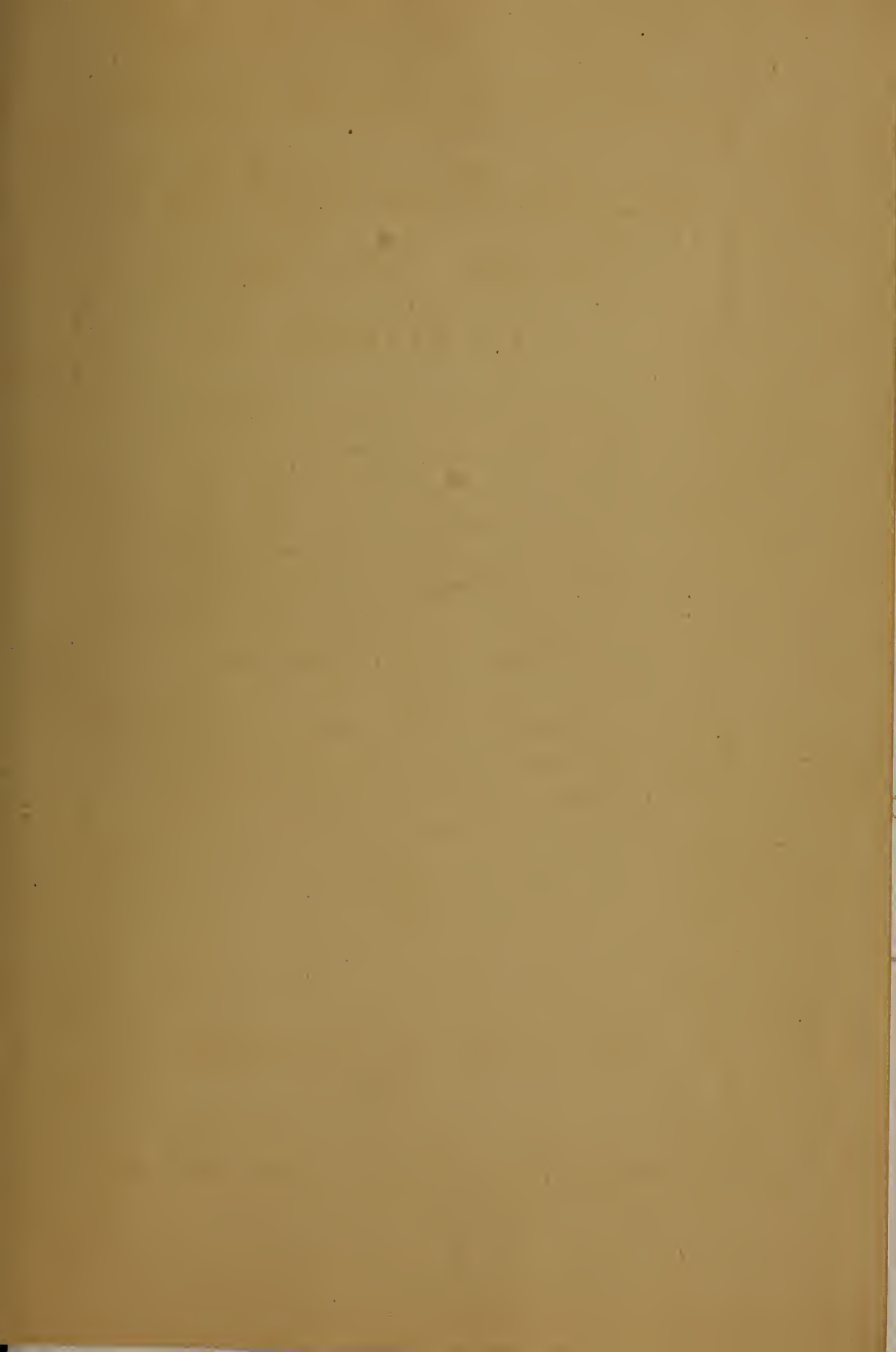
McCORMICK MEDICAL COLLEGE

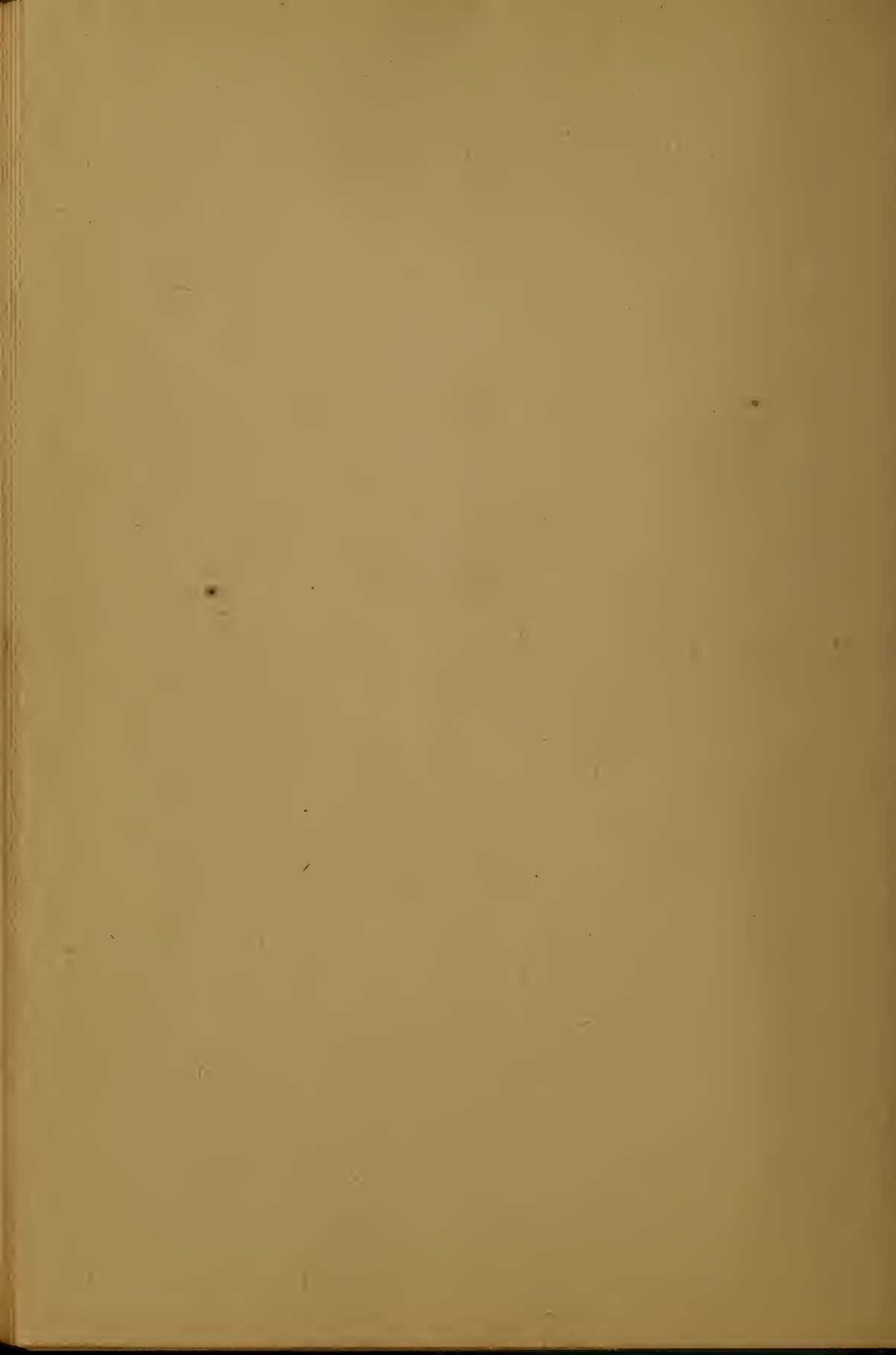
Books That Will Tell Things You Want to Know

THE books published by the MCCORMICK MEDICAL COLLEGE in years passed and to come will always be found to contain *practical* as well as *theoretical* information. Our works are not to be found in second-hand book stores, because careless and unsuccessful people do not buy them. Others, who do buy them, use them, and being successful, have no occasion to pawn them.



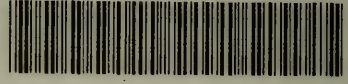
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